

TESCO

FREE | MAY 2023

Spicy wings made for sharing



+
SAVE
OVER
£14

WITH OUR
COUPONS
ON p4 & p7



Gunpowder
chicken wings
p32

GOOD-TIME GRILLS

Make Bank Holidays a breeze with easy ideas for entertaining



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FROM 12-2 PM

#CRISPIN OR #CRISPOUT?

*UK & ROI, 18+ only. 12:00 01/05/23 – 14:00 25/06/23. Available between 12:00 and 14:00 each day. Purchase necessary. Keep receipt. To enter, purchase a promotional pack, scan the QR code or visit the website, enter your details, barcode and pack code. Prizes allocated instantly by random winning moments. Prizes: 5 x free lunches per minute in the form of a £5 retailer eGift card. Cash alternative where eGift card not available. In ROI all prizes € cash equivalent. Max 2 entries per person per day & 1 prize per person. T&Cs & details: www.walkers.co.uk/freelunch. Clubcard/app required. While stocks last.

Available at **TESCO**

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made different

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Visit soundcloud.com/tesco-magazine for an audio version of selected features



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JASMINE CARBON
Registered dietitian, p91

Dust off the garden furniture and spruce up your outdoor space because – yes! – the Bank Holidays are here, and we've got some great ideas to get your parties started. Our recipes are designed so that you (as the host) get to have fun too. For example, there's a big-batch tequila cocktail your friends will love to help themselves to, p34, along with DIY gyros wraps with plenty of sauces so they can customise to their heart's content, p27. Speed is what's needed when the sun's out, so our minimal-fuss tropical desserts, p61, and low-cook sharing dishes, p43, will have you pulling up a chair to enjoy eating outside in next to no time. Finally, if you've got kids for half-term, the easy budget lunches, p71, should give you a helping hand. Bring on the Bank Holidays!

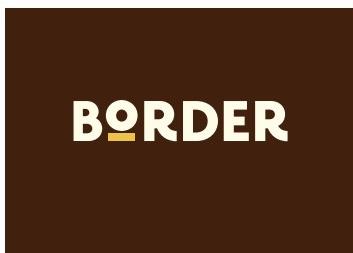
Laurie

I'M LOVING...
...upping my dip game.
Top Tesco Finest
Whipped Feta With Mint
160g, £2.10 (£1.31/100g),
with a little oil and herbs
for an appetising finish.

Tesco magazine is published 11 times a year for Tesco by Cedar Communications Ltd. ISSN 2634-0720. All magazine enquiries should be addressed to Cedar Communications Ltd. Cedar believes in the highest standards in journalistic integrity. Please email karen.huxley@cedarcom.co.uk with any comments or complaints. Tesco magazine does not accept unsolicited contributions. Editorial opinions expressed in this magazine are not necessarily those of Tesco or Cedar, and the companies do not accept responsibility for the advertising contents. All products subject to availability in selected stores while stocks last. All prices and information correct at time of going to press but subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Prices quoted exclude Express stores, ROI, NI and IOM. Online prices may vary from those in store, and delivery charges apply. In certain circumstances it may be necessary to withdraw products without prior notice. Alcohol available to over-18s only. Alcohol prices may vary in Scotland and Wales due to Minimum Unit Price legislation.

YOUR MAY OFFERS

This issue's brands include:



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than dairy butter***

*Life Cycle Assessment tool (developed by Quantis) comparing Flora Plant Butter and dairy butter in UK & Ireland (2022). See flora.com/sustainability.



Clubcard price valid 17.05.2023-06.06.2023

Clubcard/app required. While stocks last. Available in the majority of stores.

Available at **TESCO**



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WITH A
SMOOTH FINISH

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SCAN HERE FOR
MORE RECIPES



MORE MAY OFFERS

This issue's brands include:



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FOR COUPONS

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Gunpowder chicken wings, p32

RECIPE Elspeth Allison

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FOOD STYLING Ella Tarn

PROP STYLING Morag Farquhar



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SALMON SKEWERS

WHY NOT TRY... SHARING DISHES

These quick and easy recipes leave minimal washing up

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- Easy BBQ sauce DF
- Homemade chilli sauce V DF GF
- Mini veg tortillas V GF
- Quick pink pickled onions V DF GF
- Simple salsa verde V DF GF
- Smoky chilli broccoli slaw V DF GF
- Speedy herby Jersey V GF *
- Sweet potato wedges V GF
- Tahini-yogurt sauce V GF

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29

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- V Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- * Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

MEAT & FISH

- Asparagus & pesto risotto
- Bang bang chicken & noodle salad DF
- Barbecue brisket
- Chicken gyros GF
- Chorizo parcels
- Coconut fish & green bean curry DF GF
- Creamy bacon pasta salad GF
- Fajita rice bowls GF
- Griddled steak with salad GF
- Gunpowder chicken wings DF GF *
- Ham & pineapple pizza roll *
- Jackets & cowboy beans GF
- Salmon skewers DF GF
- Sausage & Jersey Royal traybake DF
- Sticky miso chicken traybake DF
- Sweet potatoes with
 - Spanish-style stew DF GF *
- Tuna melt quesadillas

23
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84
86
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Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit bedrinkaware.co.uk



We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

VEGETARIAN & VEGAN

- Butternut tagine V DF GF *
- Cheesy broccoli gnocchi V
- Coronation chickpea lettuce cups V GF
- Crispy halloumi tabbouleh V
- Mediterranean veg skewers V DF GF
- Muffin pizzas V
- Mushroom & spinach omelette buns V
- Roasted cauliflower pilaf V DF GF

85
74
48
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SWEET TREATS & DRINKS

- Banoffee tart V
- Big-batch Paloma cocktail V DF GF
- Chocolate & sweet potato brownies V *
- Chocolate waffle s'mores
- Grilled pineapple with rum-spiked lime syrup V GF
- Lime & mango Eton mess V GF

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What's in store

Get inspired to eat outdoors with fun food for the grill and ready-to-eat snacks. Just the job for all those Bank Holidays!



JAMIE ROBINSON
Tesco's executive
chef, product
development

'I'm banking on these long weekends being better than ever. Our new picnic and deli range will take your tastebuds globetrotting, as well as make alfresco lunches affordable. And is that the first sizzle of a barbecue I hear? Get our Fire Pit range on the coals for an instant way to entertain guests - whenever the weather allows!'



Make your own... **VEGGIE BURGERS**

Grill Large Flat Mushrooms 250g, £1.20 (48p/100g); add Tesco Finest Reserve Swiss Gruyère Cheese 195g, £3.80 (£1.95/100g), until melted. Sprinkle with chopped Walnuts 200g, £2.75 (£1.38/100g), and Wild Rocket 60g, £1.10 (£1.83/100g). Serve in a Brioche Bun 4-pack, 99p (25p each).

Or buy...

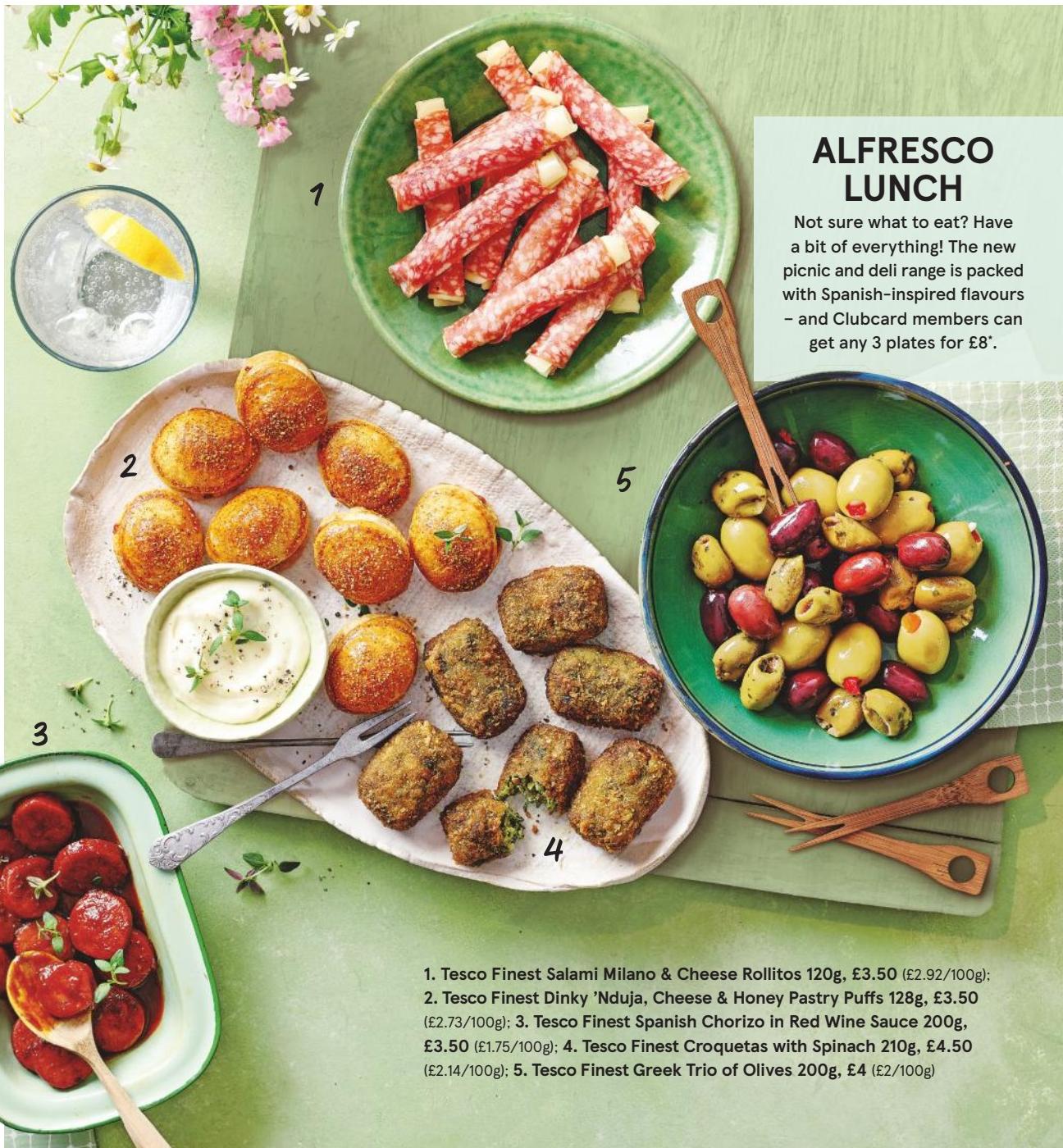
Wicked Kitchen 2 BBQ No Pork Burgers 226g, £2.60 (£1.15/100g), instead. Simple!



SPICE 'N' **EASY**

For a speedy dinner packed with flavour, pop Wicked Kitchen Vegetable Paella 300g, £2.10 (70p/100g), in the microwave to heat.





1. Tesco Finest Salami Milano & Cheese Rollitos 120g, £3.50 (£2.92/100g);
2. Tesco Finest Dinky 'Nduja, Cheese & Honey Pastry Puffs 128g, £3.50 (£2.73/100g);
3. Tesco Finest Spanish Chorizo in Red Wine Sauce 200g, £3.50 (£1.75/100g);
4. Tesco Finest Croquetas with Spinach 210g, £4.50 (£2.14/100g);
5. Tesco Finest Greek Trio of Olives 200g, £4 (£2/100g)

Star jars

Long-life picnic items mean less food waste. **Tesco Finest Garlic Stuffed Olives 210g, £2.25 (£1.07/100g); Tesco Finest Nocellara Olives 210g, £2.25 (£1.07/100g)**



For the table

These taste so good, either on their own or with a dip. **Tesco Free From Chilli & Lime Tortillas 200g, 90p (45p/100g)**





WIN an action-packed break*



Text Break2,
your full name &
postcode to 60110

by 31.05.2023. Texts charged
at your standard network rate.
No purchase Necessary.



Available at **TESCO**

*Opens 02/05/2023. Closes 11:59pm 31/05/2023. UK 18+ only. 1 winner randomly drawn wins 1 x Break. Winner can choose 1 break from a choice of 9 options (6 international options and 3 domestic options). 1 entry per person. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: United Biscuits (UK) Limited trading as pladis. Administrator: Prizeology Ltd. Available in the majority of stores



Sweet treats

These bite-sized tarts are the ultimate indulgence for warmer evenings.

8 Mini Salted Caramel Tarts
160g, £3 (£1.86/100g)



SMOOTHIE OPERATOR

Look out for these new fruit flavours: **Green Escape Smoothie**

750ml, £1.80 (24p/100ml),
and **Pomegranate Crush Fruit Smoothie** 750ml,
£1.80 (24p/100ml)



SUNSET BBQ

Load up the grill with some of our Fire Pit favourites



1. Fire Pit Mango Coconut & Lime Chicken Mini Fillets 300g, £3.50 (£1.17/100g)



2. Fire Pit Oaky Smoky BBQ Chicken Drumsticks 900g, Normal price: £4.50 (50p/100g), Clubcard Deal: 2 for £8



3. Fire Pit Hot & Spicy Chicken Wings 800g, £3.50 (£44p/100g)

*Offer applies to selected Fire Pit products from 3 April 2023 to 26 September 2023. Available in the majority of stores. Clubcard/app required

SALAD DAYS

It's easy to create a salad with a difference – just add rice and noodles



1. Tesco Finest Vietnamese Inspired Rice Noodle Salad 185g, £2.35 (£1.27/100g)
2. Tesco Finest Bang Bang Cauliflower & Rice Salad 250g, £2.35 (94p/100g)



2



1



Side kick

With sachets of tomato & chilli sauce and garlic aioli, these **Fire Pit Patatas Bravas** 400g, £2.10 (53p/100g), are a tasty accompaniment to any barbecue.



Mixer it up

Great mixers for those essential sundowners



- Sparkling Water Apple & Raspberry**
1ltr, 60p;
Low Calorie Indian Tonic Water with Elderflower
1ltr, 75p



Fresh flavour

Finish your meal with a little pot of fruity delight.

Tesco Finest Passion Fruit, Lemon & Yuzu Posset 2 x 92g, £3.50 (£1.75 each)

- Guacamole Dip**
163g, £1.20
(74p/100g)



- Tzatziki Dip**
200g, £1.20
(60p/100g)



LESS IS MORE

Better Baskets is Tesco's way of helping you make better choices with the food you buy, meals you make and packaging you use. So, in a move that will help to save 27 million pieces of plastic each year, Tesco has removed the plastic lids from some of its own-brand dips. Better still, with your Tesco Clubcard you can get two dips for just £2*. Discover the range in store now.



EAT NATURAL

Take a bite,
feel the nature



Simple ingredients,
delicious recipes

CHICKEN SHASHLIK RECIPE HERE



Schwartz®

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PLUS A DAILY CHANCE TO WIN
£150*

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Spices or Seasonings jar
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and postcode to 60110

By 11:59pm on 26.05.23

Texts charged at your standard network rate.
Please retain receipt. Internet access required
for receipt upload.



*Promotional Period: 3/5/23 - 26/5/23 (daily opening time 00:00, daily closing time 23:59). UK 18+ only. 1 winner randomly drawn per day wins £150. 1 Grand Prize winner randomly drawn at the end of the Promotional Period wins £1,500. Prizes paid via bank transfer to a UK bank account in winner's name. Max 1 entry per person per day. A household can win a max total of 1 £150 Prize and the Grand Prize. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: McCormick (UK) Ltd. Administrator: Prizeology Ltd.

Available at **TESCO**

AIR FRYER CAJUN CHICKEN SHASHLIK

EASY & ENERGY
SAVING
AIR FRYER MEALS

COOK ONCE, EAT TWICE

Turn a smoky stew into a punchy pastry filling with our double-duty recipe



Today's hearty stew...

Chorizo
parcels with
feta & olive
salad p18



Sweet
potatoes with
Spanish-style
stew p18



...fills tomorrow's flavour-packed pastries



>>



Dinner tonight

SWEET POTATOES WITH SPANISH-STYLE STEW

Serves 4 DF GF *

Takes 55 mins

Cost per serve £1.42

4 sweet potatoes (about

250g each)

1 tbsp olive oil

1½ tsp smoked paprika

250g pack frozen diced chorizo

1 large onion, finely chopped

500g pack sweet peppers, sliced
4 garlic cloves, finely chopped
¼ tsp dried thyme, or 6 thyme sprigs, leaves removed and chopped
1 bay leaf
2 tbsp tomato purée
2 x 400g tins chopped tomatoes
125g drained pimiento-stuffed green olives (from a 340g jar)
20g fresh flat-leaf parsley rocket, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Prick the sweet potatoes with a fork, then microwave for 5 mins at 800W. Rub with 1 tsp oil and ½ tsp smoked paprika, transfer to a baking tray and bake for 30–35 mins until crispy on the outside.

2 Meanwhile, heat the remaining oil in a large, deep frying pan over a high heat and cook the chorizo for 2 mins. Add the onion and peppers, reduce the heat to medium and cook for 10 mins, stirring. Add the remaining smoked paprika, garlic, thyme and bay; cook for 2 mins. Stir in the tomato purée and chopped tomatoes. Pour in 300ml water and bring to a gentle simmer over a low-medium heat. Cook for 20 mins until thickened and reduced.

3 Add the olives and half the parsley and cook for 5 mins more. Reserve 450g of the stew for the chorizo parcels (see recipe, right); serve the rest over the baked sweet potatoes with the parsley scattered over and some rocket, if you like.

Each serving contains

Energy 1916kJ 456kcal	Fat 15g	Saturates 4g	Sugars 26g	Salt 1.6g
23%	21%	21%	29%	27%

of the reference intake. See page 9.
Carbohydrate 63g Protein 12g Fibre 12g
3 of your 5-a-day; high in vitamin C

Lunch tomorrow

CHORIZO PARCELS WITH FETA & OLIVE SALAD

Serves 4

Takes 30 mins

Cost per serve £1.52

450g leftover chorizo stew (see recipe, left)

375g pack reduced-fat ready-rolled puff pastry, cut into 4 rectangles

1 medium egg
pinch of smoked paprika
85g bag watercress
70g reduced-fat Greek salad cheese, crumbled

For the dressing

2 tbsp olive oil
2 tsp red wine vinegar

35g drained pimiento-stuffed green olives (from a 340g jar), finely chopped

10g fresh flat-leaf parsley, finely chopped
½ lemon, juiced
½ tsp Dijon mustard

1 Preheat the oven to gas 6, 200°C, fan 180°C. Divide the chorizo stew between the pastry rectangles, leaving a 2cm border. Beat the egg with the paprika and brush the edges of the pastry. Bring 2 opposite corners up and seal together, using a cocktail stick to secure, then transfer to a lined baking tray and brush the tops with egg. Repeat with all the pastry rectangles, then bake for 20 mins.

2 Meanwhile, mix together the dressing ingredients. Remove the cocktail sticks from the chorizo parcels; serve alongside the watercress, scattered with the crumbled salad cheese and drizzled with the dressing.

Each serving contains

Energy 2166kJ 520kcal	Fat 31g	Saturates 12g	Sugars 6g	Salt 1.7g
26%	45%	61%	7%	29%

of the reference intake. See page 9.
Carbohydrate 42g Protein 14g Fibre 8g

GIVE ME MORE!

Scan this QR code to find more batch-cook ideas at Tesco Real Food.





All our profits
go to good causes

classic combinations

TIMELESS TASTE



DISCOVER A LEGEND OF SCRUMPTIOUS SNACKS
WITH THE FABULOUSLY FLAVOURsome, DELICIOUSLY
CREAMY AND TIMELESS TASTE OF PRIMULA CHEESE.

READY TO SQUEEZE IN MORE FLAVOUR?

Squeeze
in more
Flavour



The network that gives a sausage



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mobile
Every little helps

Tesco Clubcard holders only. Collect 1 Clubcard point for every £1 you spend on your Tesco Mobile bill. For full details see tescomobile.com/clubcardpoints.
Tesco Clubcard scheme terms and conditions apply.

FIELD TO FORK

Introducing two very British icons and ideas for making the most of them



Taste the care

Look for this quality seal on the most cared-for products at Tesco. All the

hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.



ASPARAGUS 'FRIES'

Serves 4 

Takes 30 mins

Cost per serve £1.60

LOW ENERGY To make these in an air-fryer, coat the spears as per the method, then air-fry in a single layer at 180°C for 8 mins, giving them a gentle shake and another spray of oil halfway through.

500g asparagus spears,
woody ends removed

2 eggs, lightly beaten

2 tbsp plain flour

½ tsp smoked paprika,
plus extra to serve
(optional)

50g panko or white
breadcrumbs

1 lemon, ½ zested and
juiced, rest cut into
wedges to serve

1 tbsp olive oil spray
100g onion & garlic dip,
to serve

1 Preheat the oven to gas 6, 200°C, fan 180°C. Lay out the asparagus on a lined baking tray and put the egg, flour and breadcrumbs in separate shallow bowls. Stir the paprika into the flour, and the lemon zest into the breadcrumbs; season.

2 Dip the asparagus first in the flour, then egg, then the breadcrumbs, using different hands for wet and dry ingredients. Return to the lined tray and repeat until all the spears are coated. Spray each spear a couple of times with the oil, then roast for 20 mins or until

golden and crunchy, carefully turning halfway and spraying the other side with a little more oil.

3 Stir the lemon juice into the onion & garlic dip. Arrange the asparagus fries on a platter and sprinkle with paprika, if you like. Serve with the dip and the lemon wedges for squeezing over.

Each serving contains

Energy 1024kJ 245kcal	Fat 14g	Saturates 3g	Sugars 4g	Salt 0.6g
12%	19%	14%	4%	10%

of the reference intake. See page 9.
Carbohydrate 20g Protein 10g Fibre 4g
1 of your 5-a-day; source of protein

MEET THE GROWER



Cobrey Farms in the Wye Valley, Herefordshire, has supplied Tesco for over 20 years. Partner Chris Chinn tells us what makes British asparagus special.

The warm days and cool nights of spring and early summer create conditions that asparagus loves and help create its distinctive flavour.

'When the sun warms the soil, the asparagus roots push up the spears, which are harvested at their best early in the day,' says Chris. But they're not here for long, typically May until late June. 'We stop harvesting in midsummer, so the remaining spears can grow into ferns – which, through the long sunny days, recharge the roots with energy for the next year's crop.'

My favourite way to eat asparagus is fried with bacon and served in a fresh bread bap



Ready-made pesto makes it easy

£1.38
per serve

ASPARAGUS & PESTO RISOTTO

Serves 4

Takes 40 mins

Cost per serve £1.38

1 vegetable stock cube,
made up to 1.2ltrs

275g pack asparagus,
woody ends removed

1 tbsp olive oil

1 onion, finely chopped

2 garlic cloves, finely
chopped

300g arborio rice

150ml dry white wine

190g jar reduced-fat
green pesto

Parmesan, shaved, to
serve (optional)

1 Pour the stock into a saucepan and keep warm on the hob over a low heat. Cut the asparagus into thirds, adding the tips and middle parts to the stock. Finely chop the remaining pieces. After 4 mins, remove the asparagus from the stock with a slotted spoon and set aside.

2 Meanwhile, heat the oil in a large, lidded saucepan over a medium-low heat and cook the onion for 8–10 mins until very soft but not coloured. Season, then stir in the finely chopped asparagus and garlic and cook for 2–3 mins until fragrant.

3 Stir in the rice and cook for 1 min until coated in the mix and toasted. Pour in the wine,

increase the heat to medium-high and bubble for 1 min or until mostly evaporated. Add the stock, a ladle at a time, stirring well until almost absorbed. Repeat for 20–25 mins until the risotto is creamy but the rice still has a little bite.

4 Add the remaining asparagus to the risotto. Stir in ¾ of the pesto, remove from the heat and cover. Leave to stand for 5 mins, then serve with the remaining pesto drizzled over.

Each serving contains

Energy 1987kJ 474kcal	Fat 16g	Saturates 2g	Sugars 4g	Salt 1.7g
24%	22%	12%	5%	28%

of the reference intake. See page 9.
Carbohydrate 65g Protein 9g Fibre 6g
1 of your 5-a-day



MEET THE GROWER



Ian Le Brun is a farm manager who has worked for the Jersey Royal Company for more than 24 years. He's a proud Jerseyman who's always worked in agriculture.

Jersey Royals have unique attributes – kidney shape, flaky skin and nutty flavour. These are the result of the land and climate where they're grown, as well as the care that goes into production. 'They're harvested, packed and shipped daily to ensure they are at their finest,' says Ian. Jersey Royals enjoy the same status as Champagne and Parmigiano Reggiano, having been granted a UK PDO (Protected Designation of Origin), which means they can only be grown in Jersey.

Jersey Royals are planted by hand and are still grown using traditional methods from the early 1900s

Microwaved for a speedy side dish

SPEEDY HERBY JERSEYS

Serves 6 **V GF** *freeze herb butter only
Takes 20 mins
Cost per serve 62p

CLEVER SWAP Use whichever soft herbs you like – basil or thyme would also work. To make this vegan, swap the butter for 2 tbsp extra-virgin olive oil.

1kg Jersey Royal potatoes
50g unsalted butter, at room temperature
10g fresh parsley, leaves picked and roughly chopped
10g fresh mint, leaves picked and roughly chopped
3 spring onions, finely sliced
1 garlic clove, crushed
½ lemon, zested

1 Wash and lightly scrub the potatoes, taking care not to remove any of the skin. Lightly pierce all over with a fork, then transfer to a microwave-safe bowl. Add 2 tbsp water, cover and microwave on high* for 10–12 mins, pausing to stir every 3–4 mins until tender. Drain any excess water.
2 Mash the butter with the chopped herbs, spring onions, garlic, lemon zest and some seasoning. Stir through the potatoes to serve.

Each serving contains

Energy 816kJ 194kcal	Fat 7g	Saturates 4g	Sugars 1g	Salt 0.1g
10%	10%	22%	2%	2%

of the reference intake. See page 9.
Carbohydrate 27g Protein 4g Fibre 3g
Very low salt; source of vitamin C

SAUSAGE & JERSEY ROYAL TRAYBAKE

Serves 4 DF

Takes 1 hr

Cost per serve £1.47

- 450g Jersey Royal potatoes
- 2 tbsp sesame or vegetable oil
- 8-pack reduced-fat pork sausages
- 1 lime, zested and juiced
- 1 tbsp white wine vinegar
- 10g fresh coriander, leaves and stems roughly chopped
- 2 mixed peppers, finely sliced
- 1 red onion, thickly sliced
- 1 tbsp sesame seeds, toasted
- chilli oil, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Wash and lightly scrub the potatoes, taking care not to remove any of the skin. Halve, then scatter into a large oven dish. Toss with half the oil, season, then nestle in the sausages. Bake for 20 mins.

2 In a small bowl, whisk together the remaining oil with the lime juice, vinegar and half the coriander. Stir through the peppers, onion and the lime dressing, then return to the oven for 35–40 mins until the potatoes are tender and the sausages cooked through. Scatter with the remaining coriander, the sesame seeds and lime zest. Drizzle with chilli oil to serve, if you like.

Each serving contains

Energy 1666kJ 399kcal	Fat 20g	Saturates 5g	Sugars 7g	Salt 1.3g
20%	28%	25%	8%	21%

of the reference intake. See page 9.
Carbohydrate 31g Protein 21g Fibre 5g
1 of your 5-a-day; source of protein

One-pan midweek meal





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Opens 00:00 1/5/23. Closes 11:59pm 13/6/23. UK 18+ only. 20 winners randomly drawn win a football training session for 1 adult + 1 child aged 6-16, in Southern England, in the presence of other winners. Only children will participate in the Prize coaching sessions, adults will be spectators. Includes £150 travel allowance (via BACS); overnight 4 hotel double/twin room stay on previous night; 2x coaching sessions with a UEFA A licensed coach only; 1x coaching session with Leah Williamson & coaches; 1x Q&A; lunch & refreshments. Schedule subject to change. Session will last approx. 5 hours; Leah Williamson present for a min. of 1 hour. Will take place on a weekend between Sept-Dec 2023, date pre-determined by Suppliers. Excludes clothing/trainers/all other expenses. 1 entry per person. Promotion appears cross-media, across Doritos, Walkers Max & Pepsi Max products, but there is only 1 prize pool. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Suppliers: Walkers Snacks Limited & Britvic Soft Drinks Ltd. Administrator: Prizeology Ltd.

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GRILL STARS

Get all your cooking prep out of the way early and enjoy the party with these smokin' recipes for the barbecue

DIY BBQ KEBAB BOARD

Please a crowd with these prep-ahead skewers and ready-made flatbreads that guests can load up with their favourite sauces. See p29 for mix-and-match ideas.

Mediterranean vegetable skewers p31





Salmon
skewers
p31

Crunchy sweet
potato wedges
p31

QUICK PINK PICKLED ONIONS

Serves 6

Takes 20 mins Cost per serve 10p

Put 3 finely sliced red onions in a bowl. Add 4 tbsp red wine vinegar and a pinch of salt. Scrunch together with your hands until the onions have softened and the salt has dissolved. Set aside for at least 15 mins (or up to 24 hrs). Add 5g chopped fresh dill just before serving.

Each serving contains

Energy 80kJ 19kcal	Fat 0g	Saturates 0g	Sugars 3g	Salt 0.2g
1%	0%	0%	3%	3%

of the reference intake. See page 9.
Carbohydrate 3g Protein 0g Fibre 1g
Fat-free; saturated fat-free



Chicken
gyros p31

Wrap up your own combination



EASY ACCOMPANIMENTS

No-cook sauces and a quick pickle to mix-and-match with your favourite skewers

THE GREEN SAUCE: SIMPLE SALSA VERDE

Serves 8 Takes 5 mins
Cost per serve 40p

Finely chop 100g mixed fresh herbs (such as parsley, basil or mint), 2 tsp rinsed capers, 8 cornichons (or 2 gherkins) and 1 garlic clove. Transfer to a bowl; stir in 3 tbsp red wine vinegar, the juice of 1 lemon and 7 tbsp extra-virgin olive oil until it comes together. Season to taste.

Each serving contains

Energy 519kJ 126kcal	Fat 13g	Saturates 2g	Sugars 1g	Salt 0.2g
6%	19%	10%	1%	4%

of the reference intake. See page 9.
Carbohydrate 1g Protein 1g Fibre 1g

THE WHITE SAUCE: TAHINI-YOGURT SAUCE

Serves 8 Takes 5 mins Cost per serve 14p

Mix 1 crushed garlic clove, 2 tbsp tahini and 250g natural yogurt in a bowl. Stir in the juice of 1 lemon to loosen; season to taste.

Each serving contains

Energy 222kJ 53kcal	Fat 4g	Saturates 1g	Sugars 2g	Salt 0.2g
3%	5%	6%	2%	3%

of the reference intake. See page 9.
Carbohydrate 3g Protein 3g Fibre 1g
High in protein

THE RED SAUCE: HOMEMADE CHILLI SAUCE

Serves 8 Takes 5 mins Cost per serve 11p

Put 1 roughly chopped salad tomato, a 60g pack deseeded and roughly chopped red chillies, 1 tsp caster sugar and 1 tbsp red wine vinegar in a blender and blitz until mostly smooth. Season to taste and adjust with more vinegar if needed.

Each serving contains

Energy 24kJ 6kcal	Fat 0g	Saturates 0g	Sugars 1g	Salt 0.1g
<1%	0%	0%	1%	1%

of the reference intake. See page 9.
Carbohydrate 1g Protein 0g Fibre 0g
High in protein



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40th 1983-2023
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countryside escapes

MEDITERRANEAN VEGETABLE SKEWERS

Serves 8

Takes 30 mins

Cost per serve 49p

MAKE AHEAD The skewers can be prepared 3 hrs ahead.

3 tbsp olive oil
3 tbsp red wine vinegar
3 garlic cloves, crushed
2 lemons, zested and juiced
1 tsp cayenne pepper
1 tsp dried oregano
2 mixed-colour peppers, cut into 3cm pieces
1 courgette, thickly sliced
2 red onions, each cut into 8 wedges
250g cherry tomatoes
10g fresh mint, leaves finely sliced

1 Mix the olive oil, the vinegar, garlic, lemon zest, cayenne pepper and oregano in a shallow dish; season. Coat the peppers, courgette, red onions and tomatoes in the marinade.

2 If cooking under the grill, preheat to high. Thread the veg, alternating each type, onto metal or pre-soaked wooden skewers. Place on a foil-lined tray and grill for 15 mins, turning halfway, until golden and beginning to char. Alternatively, grill on a barbecue over a medium heat for 15 mins, turning halfway.

3 Arrange the skewers on a serving dish, scatter over the mint and drizzle over the lemon juice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
380kJ 92kcal	6g	1g	5g	0.1g
5%	9%	5%	6%	2%

of the reference intake. See page 9. Carbohydrate 6g Protein 2g Fibre 2g 1 of your 5-a-day; source of fibre

SALMON SKEWERS

Serves 8

Takes 15 mins plus marinating

Cost per serve £1.54

MAKE AHEAD The skewers can be prepared up to 24 hrs ahead.

2 tbsp olive oil
3 garlic cloves, crushed
2 lemons, zested and juiced
1 tsp cayenne pepper
10g fresh thyme, leaves picked
2 x 500g packs frozen boneless salmon fillets, defrosted, skin removed, cut into 3cm chunks

1 Mix the olive oil, the garlic, lemon zest, cayenne pepper and thyme in a shallow dish; season. Mix to coat the salmon in the marinade. Cover and transfer to the fridge for at least 1 hr, or up to 24 hrs ahead of cooking.

2 If cooking under the grill, preheat to high. Thread the salmon onto metal or pre-soaked wooden skewers. Place on a foil-lined tray and grill for 8–10 mins, turning halfway, until just cooked. Alternatively, grill on a barbecue over a medium heat for 8 mins, turning halfway.

3 Transfer the skewers to a serving dish and drizzle over the lemon juice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
747kJ 178kcal	7g	1g	0g	0.4g
9%	10%	7%	0%	6%

of the reference intake. See page 9. Carbohydrate 3g Protein 25g Fibre <1g High in protein; high in vitamin D

CHICKEN GYROS

Serves 8

Takes 1 hr 15 mins plus marinating

Cost per serve 96p

1kg pack skinless and boneless chicken thigh fillets

2 tbsp olive oil

2 tbsp red wine vinegar

120g low-fat Greek-style yogurt

4 garlic cloves, crushed

2 lemons, zested and juiced

2 tsp smoked paprika

2 tsp dried oregano

1 Put the thighs between 2 sheets of baking paper and bash with a rolling pin until 1cm thick.

2 Mix the rest of the ingredients, reserving half the lemon juice, in a large bowl; season. Use to coat the chicken, then cover and transfer to the fridge for at least 2 hrs or overnight.

3 Thread the chicken between 2 metal or pre-soaked wooden skewers. If cooking in the oven, preheat to gas 6, 200°C, fan 180°C. Lay the chicken on a foil-lined baking tray and roast for 50 mins–1 hr, turning halfway, until cooked and golden. Or cook on a barbecue over a medium, indirect heat for 50 mins–1 hr, turning regularly.

4 Remove the chicken from the skewers and slice. Squeeze over the remaining lemon juice to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1072kJ 256kcal	17g	4g	2g	0.6g
13%	24%	21%	2%	9%

of the reference intake. See page 9. Carbohydrate 2g Protein 24g Fibre 1g High in protein; source of vitamin B6

CRUNCHY SWEET POTATO WEDGES

Serves 6

Takes 35 mins

Cost per serve 49p

1 tsp garlic granules
30g polenta

5g fresh thyme, leaves picked

50g pecorino, grated

4 tbsp olive oil

1.2kg sweet potatoes, scrubbed and cut into wedges

1 Preheat the oven to gas 7, 220°C, fan 200°C, and line 2 large trays with baking paper.

2 Mix the garlic, polenta, thyme and ½ the pecorino in a bowl; season. Pour in the olive oil and mix. Add the sweet potato wedges and toss to coat evenly.

3 Arrange the wedges on the trays, ensuring they're well spaced, then bake for 25 mins, turning halfway. Scatter over the remaining pecorino to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1309kJ 312kcal	13g	3g	11g	0.8g
16%	19%	16%	12%	13%

of the reference intake. See page 9. Carbohydrate 41g Protein 5g Fibre 6g



SMOKY CHILLI BROCCOLI SLAW

Serves 6 

Takes 40 mins

Cost per serve 48p

1 head of broccoli, cut into 10–12 small wedges, stalk intact
2 red chillies
2 carrots, scrubbed and coarsely grated
½ red cabbage, cored and finely sliced
1 small red onion, finely sliced
30g pack fresh mint, leaves picked, most finely sliced
2 limes, zested and juiced
2 tbsp olive oil

1 Heat a griddle pan over a high heat and char the broccoli wedges in batches for 12–15 mins, turning regularly, until tender and charred. Arrange around the edge of a large serving platter.
2 Griddle the whole red chillies for 6–8 mins until blackened. Transfer to a small bowl, cover and set aside. Alternatively, char the broccoli and chillies on the barbecue for the same timings.
3 Meanwhile, put the carrots, red cabbage, onion and sliced mint in a large bowl along with the lime zest and juice, and olive oil; toss to mix.
4 Peel off the blackened chilli skin, then deseed and finely chop the flesh; add to the veg bowl. Massage everything together with your hands and season to taste. Transfer the slaw to the centre of the serving platter with the charred broccoli. Scatter with the whole mint leaves to serve. Will keep for up to 3 days.

Each serving contains

Energy 475kJ 114kcal	Fat 6g	Saturates 1g	Sugars 7g	Salt 0.1g
6%	8%	5%	8%	2%

of the reference intake. See page 9. Carbohydrate 9g Protein 4g Fibre 6g 2 of your 5-a-day; source of protein

USE IT UP

Blitz leftover yogurt from the Chicken gyros (p31) with soft fruit; freeze in lolly moulds. Or mix with grated cucumber, garlic and herbs for a tzatziki.

GUNPOWDER CHICKEN WINGS

Serves 6 

freeze chutney only

Takes 45 mins

Cost per serve £1.20

GET AHEAD Marinate the chicken up to 2 hrs ahead. The chutney will keep in the fridge for up to 3 days.

LOW ENERGY To make in an air-fryer, bake the wings in batches at 180°C for 20 mins, turning halfway.

1 tbsp garlic granules
2 tbsp ground cumin
2 tbsp ground coriander
1 tsp chilli powder
1½ tsp bicarbonate of soda
18 chicken wings
100g bunch spring onions, half roughly chopped, rest finely sliced
2 chillies (red or green), 1 roughly chopped, 1 finely sliced
2 x 30g packs fresh coriander
10g fresh mint, leaves picked
3 limes, 1 zested and cut into wedges, 2 juiced

1 Mix the garlic, cumin, coriander, chilli powder and bicarbonate of soda in a bowl; season. Add the chicken wings, turning to coat well in the spice mix. **2** If cooking in the oven, preheat to gas 6, 200°C, fan 180°C. Arrange the wings on a baking tray and cook for 35–40 mins, turning occasionally, until golden, crisp and cooked through. Alternatively, cook for 25 mins, then finish on the barbecue over an indirect heat for 5–10 mins.

3 Meanwhile, put the roughly chopped spring onions and chilli, most of the coriander, the mint, lime zest and juice in a food processor. Blitz to a smooth sauce, scraping down the edges as needed. Spoon into a bowl.

4 Scatter the finely sliced spring onions and chilli, and remaining coriander, over the wings. Serve with the chutney, and lime wedges for squeezing over.

Each serving contains

Energy 1695kJ 407kcal	Fat 28g	Saturates 7g	Sugars 2g	Salt 1.1g
20%	39%	37%	2%	18%

of the reference intake. See page 9. Carbohydrate 6g Protein 32g Fibre 4g





48p
per serve

Cover
recipe

Indian flavours on the barbecue

£1.20
per serve



>>

BIG-BATCH PALOMA COCKTAIL

Serves 8

Takes 10 mins plus

chilling

Cost per serve £1.95

400ml tequila

3 limes, juiced (you
need 80ml)

60ml agave syrup or
clear honey

480ml pink grapefruit
juice

1 pink or red grapefruit,
sliced into 8 wedges

2 tbsp sea salt

ice cubes, to serve

soda water (about
200ml), to serve

1 Mix the tequila, lime juice, agave or honey and grapefruit juice in a large jug or pitcher. Stir well, then chill for at least 1 hr or until ready to serve.

2 Rub a wedge of grapefruit around the rims of 8 x 300ml tumblers. Put the sea salt on a saucer and dip each glass rim into the salt. Fill each glass with ice, then divide the Paloma mix between them – they'll be about $\frac{3}{4}$ full. Top up with soda water and garnish each with a grapefruit wedge to serve.

Each serving contains

Energy 657kJ 157kcal	Fat 0g	Saturates 0g	Sugars 11g	Salt 0.3g
8%	0%	0%	13%	4%

of the reference intake. See page 9.
Carbohydrate 12g Protein 1g Fibre 0g



Make-ahead tequila cocktail



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Opens 25/4/23. Closes 11:59pm 5/6/23. UK 21+ only. 1x Tier 1 prize, 5x Tier 2 prizes, 100x Tier 3 prizes. Winners randomly drawn. Tier 1: a 4-night 4* stay for 2 adults (21+) in Las Vegas, USA between 15 - 19/11/23. Incl. return economy flights from a UK airport to Las Vegas; airport-hotel transfers; breakfast; a race experience package between 16 - 18/11/23. Excl. all other expenses. Tier 2: a race weekend experience with event access only from 7 - 9/07/23 for 2 adults (21+) in Northamptonshire, UK. Excl. travel/accommodation/all other expenses. Tier 3: Jack Daniel's & McLaren F1 Team co-branded merchandise. 1 entry per person. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: Brown-Forman Beverages Europe. Administrator: Prizeology Ltd.

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HERE COMES THE SUN

Long weekends mean more time to relax! Shop bright summer staples for your outdoor space





SUMMER TRENDS



We asked Donna Bridgeman, Tesco's head of Design, Home, Lifestyle & Clothing Essentials, about the new 'Sundrenched' range. She said, 'Our summer trend was inspired by holidays in a hotter climate, with the warming tones of the sun and sand. Prints blend a love for the flora and fauna of foreign shores with the colours of sunrise and sunset.'

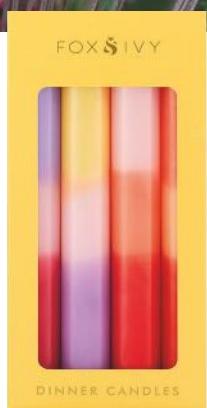


Fox & Ivy Summer & Sunshine Candles, £4 each; Fox & Ivy Dinner Candles 4-pack, £5; Fox & Ivy Lilac Dinner Candle Holder, £8 each; Sundrenched Glass Stripe Candle 123g, £3 each

How to...

...ADD SUMMER STYLE

'I love it when a product has multiple uses,' says Donna. 'The tasseled check throw is perfect to layer over a chair. It can also be used for those cooler UK nights, snuggled up next to a fire pit. And don't forget to soften the evening light with candles.'



- 1 Sundrenched Floral Tufted Cushion, £12
- 2 Pink Flower Cushion, £10
- 3 Sundrenched Checked Cushion, £10
- 4 Sundrenched Floral Hiball Glass, £1
- 5 Sundrenched Floral Dinner Plate, £2
- 6 Havana Rattan Corner Sofa with Table, £350
- 7 Sundrenched Checked Throw, £18
- 8 Lisbon String Chair Natural, £70
- 9 Sundrenched Jute Rug, £28
- 10 Jute Rug, £25*

*Also available online. All other items available in store only.

TRY THE TREND

Adding brights to your home can feel overwhelming, but Donna says it doesn't have to be scary. 'Layering pops of brightly coloured items on a neutral background works perfectly. Try accessorising garden furniture with a patterned cushion, or adding flashes of colour to tableware and cutlery - it adds sass and personality.'



Find everything you need to entertain...

- 1 Sundrenched Mango Wood Bowl Large, £12*
- 2 Sundrenched Placemat 4-pack, £7*
- 3 Sundrenched 16-piece Cutlery Set, £8*
- 4 Sundrenched Floral Chip & Dip Platter, £8*
- 5 Fox & Ivy 3-bowl Serving Paddle Acacia, £12*

*Also available online.
All other items available in store only



GET THE LOOK

'The brightly coloured floral picnic range is perfect for family gatherings,' says Donna. 'No matter whether it's a picnic in the park or a barbecue at home, these melamine plates will definitely make a statement!' Mix with neutral items to make them stand out.



Parrot Vase, £10
Fox & Ivy Seagrass Lantern, £18*

KEEP IT COVERED

Did you know that Tesco Bank Home Contents Insurance covers your garden furniture? Visit tescobank.com/home-insurance for more information. Monetary limits, excesses and exclusions apply.



Serve delicate juicy, slow-cooked pieces



SUCCULENT



DELIGHTS

GOURMET® Gold has created new Succulent Delights, a delicious range made with a juicy slow cooked recipe with succulent pieces designed to delight your cat.

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POP THE CORK

Versatile is this bottle's middle name! Pour a glass to celebrate any Bank Holiday moment

THE FIZZ

Red berry and citrus are the key flavours in this fizz and, despite its great value, the DOC status means it's produced in vineyards in Italy with high quality control. Serve it chilled.

Tesco Finest
Prosecco
Rosé, £8.50*



THE GLASS

Contrary to popular belief, prosecco should be served in a wide-based or tulip-shaped wine glass, not a Champagne flute, to help it keep its bubbles and give it space to breathe. **Timeless Square Wine Glass 4-pack; Stemless Prosecco Glass 4-pack; both £6 (£1.50 each)**

WORDS JESS HERBERT PHOTOGRAPHY MIKE ENGLISH FOOD STYLING SOPHIE FOOT PROP STYLING JENNY IGGLDEN



THE SPRITZ

For sunshine in a glass, try a Rosé Prosecco & Raspberry Spritz. Pour 2 measures of Aperol into a jug with a handful of raspberries, thyme sprigs, a spoonful of sugar and some lime juice. Add ice and 250ml of Tesco Finest Prosecco Rosé, then top up with a splash of soda water.



3 PERFECT PAIRINGS

- 1 The acidity makes this great to pair with cured meats and cheese – ideal if you're building platters for guests.
- 2 It's so light you can serve it with delicate desserts (think fruit tarts or chocolate mousse).
- 3 Try with barbecued meat, as its freshness will help to cut through the smoky richness.



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SUNSHINE FLAVOURS

Find a spot in the sun and dish up some holiday spirit. Minimal cooking required!



Antipasti
bruschetta
p44

ANTIPASTI BRUSCHETTA

Serves 4

Takes 15 mins

Cost per serve £1.18

240g stone-baked white baguette

1 garlic clove, halved

1 tsp olive oil

For the bases

50g ricotta

10g classic green pesto

2 salad tomatoes, deseeded and chopped
5g fresh basil, leaves torn

½ tsp olive oil

For the toppings

285g jar artichoke antipasti

285g jar Italian roasted red pepper antipasti

280g jar chargrilled mixed antipasti

140g tub Italian pitted Nocellara olives

- Cut the bread into 12 slices at an angle. Toast lightly under the grill or with a griddle pan. Rub the cut side of the garlic clove lightly over the toast; discard or save for another recipe. Brush a little olive oil over the toasts and arrange on a platter.
- Put the ricotta in a bowl and fold through the pesto to ripple. In a separate bowl, stir together the tomatoes, basil and oil; season. Divide the bases between the toasts, then top each with antipasti to serve.

Each serving contains

Energy 1001kJ 239kcal	Fat 7g	Saturates 2g	Sugars 5g	Salt 1.3g
12%	10%	8%	5%	21%

of the reference intake. See page 9.
Carbohydrate 33g Protein 8g Fibre 4g
Source of fibre; source of protein;
source of vitamin C



BANG BANG CHICKEN & PEANUT NOODLE SALAD

Serves 4 DF Takes 15 mins

Cost per serve £1.71

CLEVER SWAP Swap peanut butter for tahini and chopped peanuts for sesame seeds.

250g pack medium egg noodles

1 cucumber, sliced into matchsticks

3 spring onions, sliced

10g fresh coriander, chopped

200–250g leftover roast chicken or 2 roast chicken breast fillets, sliced

1 Cook the noodles to pack instructions, drain, then rinse under cold water. Drain well, then divide between 4 bowls. Top with the cucumber, spring onions and coriander; set aside.

2 For the sauce, toast the peppercorns in a frying pan over a medium heat for 1–2 mins or until aromatic. Crush until fine with a pestle and mortar. Tip into a jug or bowl and stir in the remaining sauce ingredients with 100ml water.

3 Pile the roast chicken on top of the noodles, pour over the sauce and scatter with the peanuts and chillies. Mix well and serve with extra chillies and garlic & chilli infused oil on the side, if you like.

Each serving contains

Energy 1708kJ 406kcal	Fat 12g	Saturates 2g	Sugars 4g	Salt 1.6g
20%	16%	12%	4%	27%

of the reference intake. See page 9.
Carbohydrate 45g Protein 28g Fibre 2g
1 of your 5-a-day; high in protein



Chilled noodles for warmer days



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CRISPY HALLOUMI TABBOULEH

Serves 6 

Takes 20 mins

Cost per serve £1.37

100g couscous
 1 small red onion, finely chopped
 20g fresh mint, leaves finely chopped
 2 x 30g packs flat-leaf parsley, finely chopped
 100g pack fresh coriander, finely chopped
 100g baby spinach, finely chopped
 1 cucumber portion, finely chopped
 2 salad tomatoes, deseeded and chopped
 1 lemon, juiced
 2 tbsp olive oil
 225g pack 30% less fat halloumi
 1 tsp sesame seeds
 1 tsp plain wholemeal flour
 200g tub reduced-fat humous, to serve
 pinch of smoked paprika, to serve (optional)

1 Tip the couscous into a large, heatproof bowl and pour over 125ml boiling water; set aside for 5 mins. Put the onion, herbs and spinach in a large mixing bowl with the cucumber, tomatoes, lemon juice and 1 tbsp olive oil; mix well.

2 Fluff up the couscous with a fork and add to the herb mixture. Season to taste and set aside.

3 Cut the halloumi into 8 chunky pieces and pat dry with kitchen paper. In a small bowl, mix together the sesame seeds and flour, then add the halloumi pieces. Heat the remaining oil in a frying pan over a medium-high heat and fry the

halloumi for 5 mins, turning frequently, or until golden and crisp all over.

4 Pile the tabbouleh onto a platter and top with the crispy halloumi pieces. Serve with the humous and sprinkle with smoked paprika, if you like.

Each serving contains

Energy 1201kJ 288kcal	Fat 16g	Saturates 6g	Sugars 3g	Salt 1.5g
14%	22%	29%	3%	26%

of the reference intake. See page 9.
 Carbohydrate 19g Protein 15g Fibre 4g
 1 of your 5-a-day; high in protein;
 source of vitamin A and vitamin C



CORONATION CHICKPEA LETTUCE CUPS

Serves 4 V GF

Takes 20 mins

Cost per serve 57p

MAKE AHEAD Make the pickled onion and the chickpea mixture up to 24 hrs ahead and keep in the fridge. Add ½ tsp nigella seeds to the pickled onions for extra flavour, if you like.

400g tin chickpeas,
drained

200g white cabbage,
finely sliced

25g sultanas
1 Little Gem lettuce,
leaves separated
10g toasted flaked
almonds
sliced red chilli and fresh
coriander, to serve
(optional)

For the pickled onion

1 red onion, sliced
1 tbsp red wine vinegar

½ tsp sugar

½ tsp fine salt

For the dressing

100g 0% fat Greek-style
yogurt

50g lighter mayonnaise

1 tbsp mild curry powder

25g mango chutney

1 Start by making the quick pickled onion. Mix all the ingredients and set aside for at least 10 mins.

2 Put the chickpeas, cabbage and sultanas in a large bowl. Arrange the Little Gem leaves on a platter. Finely shred any very small leaves and add to the chickpea bowl.

3 For the dressing, stir together all the ingredients until smooth. Pour over the chickpea mixture and stir to coat, then pile into the prepared lettuce cups. Scatter with the toasted almonds, and the red chilli and coriander, if using. Top with the drained pickled onion to serve.

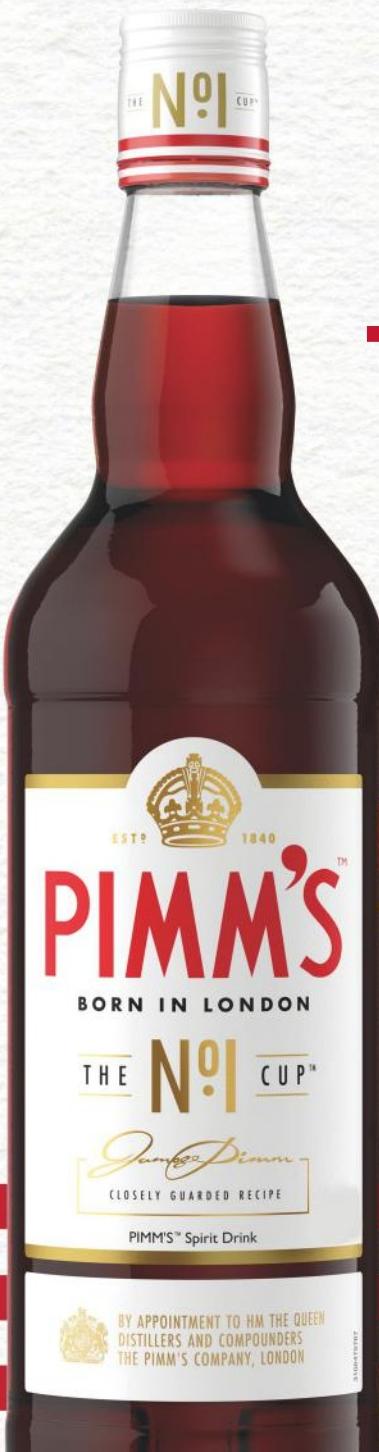
Each serving contains

Energy 859kJ 205kcal	Fat 7g	Saturates 1g	Sugars 14g	Salt 0.5g
10%	9%	4%	16%	8%

of the reference intake. See page 9.
Carbohydrate 24g Protein 8g Fibre 8g
1 of your 5-a-day; high in fibre;
source of protein; low in salt



57p
per serve



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A CUT ABOVE

With *finest**, you can get restaurant-quality steak on your table in a flash, without forking out too much.

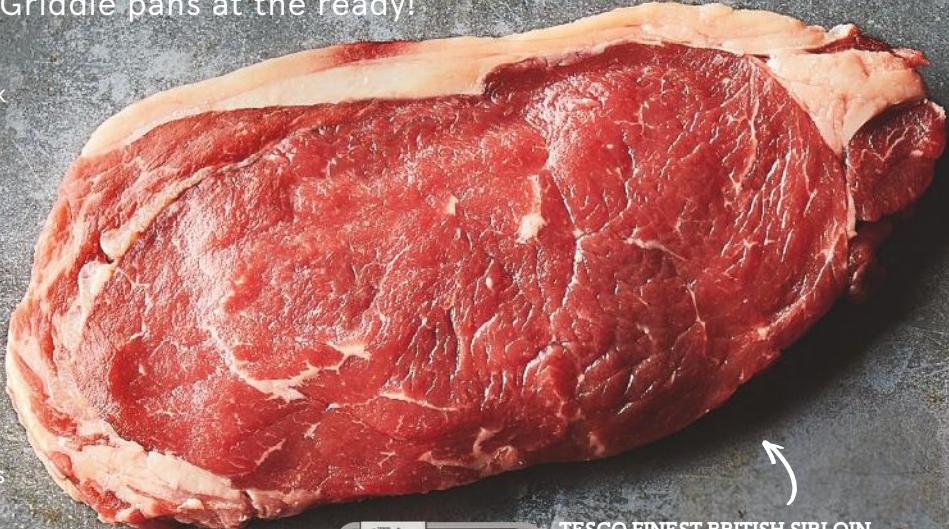
Griddle pans at the ready!

The makings of a really good steak come down to two things: the quality of the meat and how you cook it. Tesco Finest steaks – all British meat from British farmers – are 30 days matured for tenderness and, cooked according to our guide, could rival your favourite restaurant.

Take your steak out of the fridge half an hour before cooking. Dry it with kitchen paper, season and get your pan nice and hot. Each steak will need a different cooking time, but always rest it on a board for 5 minutes after so the meat can relax – resulting in a juicier, more tender steak.

A handy test!

How do you know when your steak is ready? Use your hands! With your palm open, press the fleshy part at the base of your thumb with the index finger of your other hand. Now make an OK sign with your thumb and index finger and press again; it's a bit less soft. Make the OK sign using your middle, then ring, then little finger; it's firmer each time. Now gently press the steak in the pan and compare how it feels. A raw steak is like your hand with your palm open; a well-done steak feels similar to when your thumb and little finger make the OK sign.



TESCO FINEST BRITISH SIRLOIN STEAK 227g

Characterised by the layer of fat around the outside and marbling of fat running through it. You want to melt this fat down to give a succulent steak with a rich, robust flavour, so it's best cooked a little longer.

TO COOK Use tongs to hold the fat against the pan for about 1 min until it's a deep golden brown. Lay the steak in the melted fat and sear for 1-2 mins each side until charred. Reduce the heat to medium and cook for around 3 mins more until the fat is nicely rendered down and well charred.

BEST COOKED Medium.



TESCO FINEST BRITISH FILLET STEAK 210g

A luxuriously lean cut with very little fat, so it needs minimum cooking or it'll become tough. If you like your steak rare, this is the best choice for you.

TO COOK Sear on each side for 1-1½ mins. Reduce the heat to medium and cook for a further 2½-4 mins in total, turning every minute. Add a knob of butter during the last minute to baste your steak.

BEST COOKED As rare as you dare!

TESCO FINEST BRITISH RUMP STEAK 255g

The value and versatility this cut offers makes it a popular choice. It can be a bit chewier, but cooked well it's no less juicy and appetising.

TO COOK Sear for 1 min each side to char. Reduce the heat to medium and continue cooking for a further 3-4 mins to ensure even cooking.

BEST COOKED Medium rare.

TESCO FINEST BRITISH RIBEYE STEAK 227g

The characteristic 'eye' of fat in the middle and marbling across the cut will melt down during cooking to give this steak its distinctively rich, meaty flavour.

TO COOK Sear for 1-2 mins each side until browned. Reduce the heat to medium and cook for a further 2 mins each side. Use tongs to hold the fat against the pan if you want to reduce it down even further.

BEST COOKED Medium.

MAIN IMAGE PHOTOGRAPHY HANNAH HUGHES FOOD STYLING SOPHIE FOOT PROP STYLING DAVINA PERKINS
To cook steak to your liking, please use the 'A handy test' cooking guide



GRIDDLED STEAK WITH CARROT, ORANGE & GOAT'S CHEESE SALAD

Serves 2 GF

Takes 40 mins

Cost per serve £4.44

150g carrots, peeled or scrubbed

1 tbsp olive oil

¼ tsp sumac, plus extra to serve

220g green beans

1 x 227g Tesco Finest ribeye steak

2 oranges, 1 zested, both peeled and sliced
60g soft goat's cheese horseradish sauce, to serve (optional)

For the dressing

2 tbsp olive oil

1 tbsp red wine vinegar

5 fresh mint leaves, roughly shredded

1 Preheat the oven to gas 7, 220°C, fan 200°C. Toss the carrots in the oil and sumac on a large baking tray; season. Roast for 15 mins until almost cooked through. Add the green beans to the tray, toss and cook for a further 5-8 mins until just cooked with a bite. Remove and set aside.

2 Mix the dressing ingredients together in a large bowl and stir in the orange zest.

3 Heat a griddle pan over a medium-high heat. Season the steak well, then sear each side for 2 mins for medium, 3 mins for medium-well, and 4 mins for well done. Set aside to rest for 5 mins.

4 Lay the carrots and orange slices on a serving plate, drizzle the dressing over and dollop on the goat's cheese. Sprinkle over a little extra sumac.

5 Thinly slice the steak and serve with the carrot salad and green beans on the side.

Each serving contains

Energy 2887kJ 694kcal	Fat 51g 72%	Saturates 16g 80%	Sugars 21g 23%	Salt 1.0g 16%

of the reference intake. See page 9.
Carbohydrate 25g Protein 30g Fibre 9g

GIVE ME MORE!

Look out for this recipe featuring in Tesco's next Food Love Stories advert.

Barbecue know-how

King of the grill

Take the heat out of hosting with these tips and recipes designed to help you become a barbecue boss!

BBQ & A

Q WHAT'S THE BEST WAY TO BARBECUE FISH?

Cooking fish on a grill is trickier than most foods but, with a few simple rules, the rewards can be great. Whole fish can be cooked directly on the grill over a low-medium heat. Fillets of fish are best cooked in foil parcels with a little liquid – you can use this to add lots of flavour with herbs and spices as well. If cooking skewers (soak wooden ones in water to avoid burning), make sure the fish is not too delicate: salmon and cod loin are good options, or prawns. If the fish is skin-on, make sure it's well oiled to avoid it sticking to the grill.

Q CAN YOU COOK HEALTHY OPTIONS ON THE GRILL?

Most vegetables work well on the barbecue and, like fish, they can take on lots of flavour. Slice Mediterranean veg, such as aubergines and courgettes, then grill to toss in salads. Diced veg can be cooked in parcels. Oily fish such as sardines can be cooked directly on the grill and help boost omega-3 intake.



Q CAN I BARBECUE A WHOLE CHICKEN?

Yes! The most effective way is to remove the backbone in a method known as spatchcocking or butterflying. This makes the chicken flatter, allowing it to cook faster and more evenly. Give this recipe a go: [tes.co/spicedspatchchicken](https://www.tesco.com/recipes/tesco-cookery-school/spatchcock-chicken).

Q HOW DO I AVOID DISHING UP DRY CHICKEN?

Choosing the right piece of chicken is key. Breast meat is lean and so it's easy to overcook. The best options are thighs or wings, which come on the bone. The dark meat is juicier and packed with flavour, and is great with a marinade. Try [tes.co/bbqmarinades](https://www.tesco.com/recipes/tesco-cookery-school/bbq-marinades).

Q MORE VEGGIE IDEAS?

There's so much more to veggie and vegan barbecues than bean burgers and salads. Try marinated cauliflower steaks, miso aubergines, balsamic pulled mushrooms and paneer kebabs. Look out for new vegan alternatives in store too. There are lots more recipe ideas at [tes.co/veggiebbq](https://www.tesco.com/recipes/tesco-cookery-school/veggie-bbq).

SUBLIME VEGGIE SIDES

Strong sides are a surefire way to take your barbecue to the next level – and boost your 5-a-day at the same time. Give these a go...



Sweet potato wedges

Cut sweet potatoes into chunky wedges and brush with oil. Sprinkle with mixed dried herbs and barbecue on a low-medium heat for 15–20 mins until charred and cooked through.



Corn on the cob

For the best results, parboil the corn for 5 mins in a large pan, then drain. This can be done the day before. To finish them, barbecue for about 5 mins over a medium-high heat until the kernels are starting to char. Serve smeared in butter or with a squeeze of lime juice and Parmesan.



Asparagus

Wrap bundles of 3 asparagus spears in prosciutto or plant-based bacon and cook directly on the grill for 4–5 mins over a medium heat until tender.

BARBECUE BRISKET

Serves 6

Takes 5-6 hrs

Cost per serve £1.89

LOW ENERGY Cook the beef in a slow-cooker for 7-8 hrs on low.

MAKE AHEAD Pre-cook the beef the day before; chill once cooled. Take out of the fridge 2 hrs before barbecuing.

1kg joint British beef brisket

1 beef stock cube, made up to 500ml

vegetable oil, for greasing

125g barbecue sauce

(see recipe, p56)

1 tsp chipotle chilli paste

charred corn slaw, to serve (optional, see link to recipe below)

soft rolls, mayonnaise, butterhead lettuce, crinkle-cut gherkins and sliced jalapeños, to serve (optional)

For the brisket rub

2 tsp each soft light

brown sugar, English

mustard powder,

smoked paprika,

garlic granules and

ground cumin

1 Preheat the oven to gas 2, 150°C, fan 130°C.

Mix all the ingredients for the brisket rub with some seasoning, then rub over the beef joint until coated. Transfer to a fairly snug-fitting roasting tin and slowly pour the stock around it. Cover tightly with a double layer of foil, then roast for 4-5 hrs until very tender – it will break apart when pushed with a fork. If barbecuing that day, leave in the tin at room temperature along with the liquid.

2 When ready to cook the brisket, preheat a gas barbecue to low, or heat a charcoal barbecue and wait until the flames have died down and the coals are white. Brush the barbecue grills with some oil.

3 Mix the barbecue sauce with the chipotle paste. Spoon 3 tbsp of the mixture into a separate bowl with 2 tbsp brisket cooking stock; set aside for serving. Lift the brisket onto the barbecue and brush generously with the rest of the barbecue sauce mix. If your barbecue has a lid, close it now. Cook for 20 mins, turning occasionally and brushing with any more sauce until the beef is hot through and charred all over.

4 To serve, slice or shred the brisket and toss with the reserved barbecue sauce mix, then serve with charred corn slaw, in soft rolls with mayo, lettuce, pickles and jalapeños, if you like. Leftover brisket will keep for up to 3 days in the fridge.

Each serving contains

Energy 1846kJ 444kcal	Fat 30g	Saturates 11g	Sugars 10g	Salt 0.6g
22%	42%	57%	11%	9%

of the reference intake. See page 9.
Carbohydrate 12g Protein 32g Fibre 1g



GIVE ME MORE!

Scan this QR code to find the recipe for the charred corn slaw on Tesco Real Food.





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BARBECUE BASICS

HOW TO LIGHT A BARBECUE

The traditional method is to use scrunched-up newspaper or natural firelighters (such as wood shavings) placed between the charcoal. This will take a little time and effort, but eliminates the need to use an accelerant. For a quick and easy way to fire up your barbecue, put lumps of charcoal in old cardboard egg cartons before lighting. Allow the flames to catch then subside. The coal fire will spread naturally. Wait until all the coals are glowing white and there are no flames before starting to cook.

WHEN TO START COOKING

Allow time for your barbecue to reach the right heat – the charcoal should be grey and this will take at least 30 mins. When adding food, don't overcrowd the grill – it can cause issues if anything catches fire. Leave at least 25% of the cooking area free.

DIRECT VS INDIRECT HEAT

Direct heat means grilling above the coals; it's great for burgers, steaks and sausages. Indirect is when you push the coals to one side and cook on the other; it's ideal for chunky veg or larger cuts like a whole chicken, which take longer to cook.

BBQS FOR ALL BUDGETS

THE COMPACT ONE

A sturdy, capable workhorse with a lid, which you'll use again and again. It has an ash tray collection pan and is super-easy to clean afterwards. **Small Kettle Barbecue, £35**



THE PORTABLE ONE

This fun piece of kit is as effective as it is attractive. Perfect to pop in the car when you're heading out somewhere that permits you to use a barbecue. **Portable Kettle 34cm Barbecue, £22**



THE BUDGET ONE

If you just want the occasional small barbecue to cook a few bits for one or two people, this little beauty is just the job. **Small Bucket Barbecue, £15**



THE ROOMY ONE

A built-in temperature gauge, three split grills and a lid make this great for cooking a variety of items. Closing the lid keeps in heat and creates even more smoky flavour. **Barrel Charcoal Barbecue with Cover, £60**



Avoid 'escapees' by cutting veg and cheese such as halloumi widthways so it doesn't slip through the grill

Did you know?

Resting cooked meat for 10 mins allows juices to be reabsorbed, keeping it juicy and tender. Place on a chopping board and cover loosely in foil.



HOW TO TELL IF IT'S COOKED

You can't tell by looking alone. Slice into chicken or pork to make sure it's piping hot, cooked through and the juices run clear. If you barbecue often, invest in a meat thermometer. Meat should reach a minimum internal temperature of 70°C.



**EASY BBQ SAUCE****Makes** about 400g DF**Takes** 40 mins plus cooling**Cost per serve** 8p

GET AHEAD The sauce will keep in the fridge for up to 1 month.

2 tsp vegetable oil
1 small onion, sliced
2 tsp smoked paprika
2 tsp English mustard powder
2 tsp garlic granules
200g tomato ketchup
2 tbsp tomato purée
75ml cider vinegar
75g soft light brown sugar
3 tbsp treacle
2 tbsp Worcestershire sauce

1 Heat the oil in a medium, lidded saucepan over a low heat and add the onion. Cover and cook for 10–12 mins until soft and translucent but not coloured. Stir in the spices and cook for another 1 min.

2 Whisk in the remaining ingredients and bring to a simmer. Bubble gently over a low heat for 25 mins, stirring occasionally. Remove from the heat and leave to cool for 10 mins.

3 Blend the sauce with a stick blender or in a blender until completely smooth. Spoon into sterilised jars* while still warm, then close the lids tightly. Leave the sauce for a couple of days before using, if possible, to let the flavour mellow.

Each serving (1 tbsp) contains

Energy 133kJ 31kcal	Fat <1g	Saturates 0g	Sugars 6g	Salt 0.1g
2%	1%	0%	7%	2%

of the reference intake. See page 9.
Carbohydrate 6g Protein 0g Fibre 0g

**CHECKLIST**

Set up your barbecue on a flat, open space away from trees. Have a sand bucket or fire extinguisher on hand for emergencies.

Make sure there are no old coals in the barbecue, and that the grill is clean.

Always keep raw and cooked foods separate.

Make salads no more than 1 hour in advance unless the recipe tells you otherwise.

If it's your first time hosting, don't be over-ambitious – it's okay to stick to the basics.

If you're worried about food safety, cook high-risk foods such as chicken in the oven, then finish them on the barbecue.

When making skewers, avoid pairing foods that cook at different speeds.

Take meat or fish out of the fridge 20 mins before cooking – when chilled, it'll burn more easily before it's cooked fully.

Keep a rubbish bag handy. And to clean the grill, scrunched-up foil works brilliantly.

GIVE ME MORE!

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Summer is served

Toast to long weekends with these easy Italian-style nibbles and beer

BRUSCHETTA, TWO WAYS

Serves 6 Takes 10 mins

Heat the oven to gas 6, 200°C, fan 180°C. Cut 1 **white stone-baked baguette** in half. Cut one half into 12 slices and the other in half lengthways. Toast in the oven for 7–8 mins until lightly golden, then set aside to cool. Cut the large pieces into 3. Top with 50g **chilli relish**, 80g **ricotta** and tear over 3 slices of **mortadella**. Scatter over a handful of **rocket**. Across the 12 smaller baguette slices, top with 18 chopped **cherry tomatoes** and a 140g pack **marinated anchovies**. Scatter with some roughly torn **basil**.

Each serving contains

Energy 871kJ 207kcal	Fat 6g	Saturates 2g	Sugars 25g	Salt 1.0g
10%	9%	9%	27%	16%

of the reference intake.
Carbohydrate 26g Protein 10g Fibre 2g

Why not try?

Thread skewers with cherry tomato halves, artichoke antipasti and basil leaves.



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TOTALLY TROPICAL

Sun loungers and shades at the ready – these simple desserts will take you to paradise with every mouthful

Ready in 15 minutes

Lime &
mango Eton
mess p62



LIME & MANGO ETON MESS

Serves 4 **V GF**

Takes 15 mins

Cost per serve 68p

1 large mango, peeled,
cored and diced into
2cm pieces

1 lime, zested and juiced
3 mint sprigs, leaves
picked, most finely
chopped

200ml whipping cream

4 meringue nests

1 Toss together the mango, lime juice and half the zest along with the chopped mint; set aside.

2 Whip the cream to soft peaks. Crush the meringue into rough pieces, reserve a little for garnish, then gently fold the remaining meringue through the cream.

3 Layer the cream mixture and marinated mango in 4 bowls or glasses, then decorate with the reserved meringue, mint leaves and lime zest to serve.

Each serving contains

Energy 1068kJ 257kcal	Fat 19g	Saturates 12g	Sugars 18g	Salt 0.1g
13%	28%	60%	20%	2%

of the reference intake. See page 9.
Carbohydrate 18g Protein 2g Fibre 1g



68p
per serve

BANOFFEE TART

Serves 8 **V**

Takes 20 mins plus
cooling

Cost per serve 48p

MAKE AHEAD The tart is best served fresh, but can be kept in the fridge for up to 24 hrs. You can bake the pastry up to 24 hrs before using.

375g pack reduced-fat
ready-rolled puff pastry
1 medium egg, lightly
beaten
270ml pot Eimlea double
4 small bananas (or
3 medium), peeled
30g Tesco Finest caramel
sauce
20g dark chocolate

1 Preheat the oven to gas 6,
200°C, fan 180°C. Unroll the
pastry on its paper and place
on a large baking tray. Brush
with the beaten egg. Use a sharp
knife to carefully score a 2cm
border around the pastry, being
careful not to cut all the way
through. Bake for 12–15 mins until
crisp and golden, then leave to
cool completely.

2 When the pastry has cooled,
whip the Eimlea to soft peaks,
then spread onto the pastry
within the border. Slice the
bananas lengthways into 7mm
slices, then lay them over the
top. Microwave the caramel for
15–20 secs to loosen, then drizzle
all over the tart. Finely slice the
chocolate and scatter all over
to serve.

Each serving contains

Energy 1133kJ 271kcal	Fat 17g	Saturates 11g	Sugars 11g	Salt 0.2g
14%	25%	54%	13%	4%

of the reference intake. See page 9.
Carbohydrate 24g Protein 4g Fibre 3g

48p
per serve

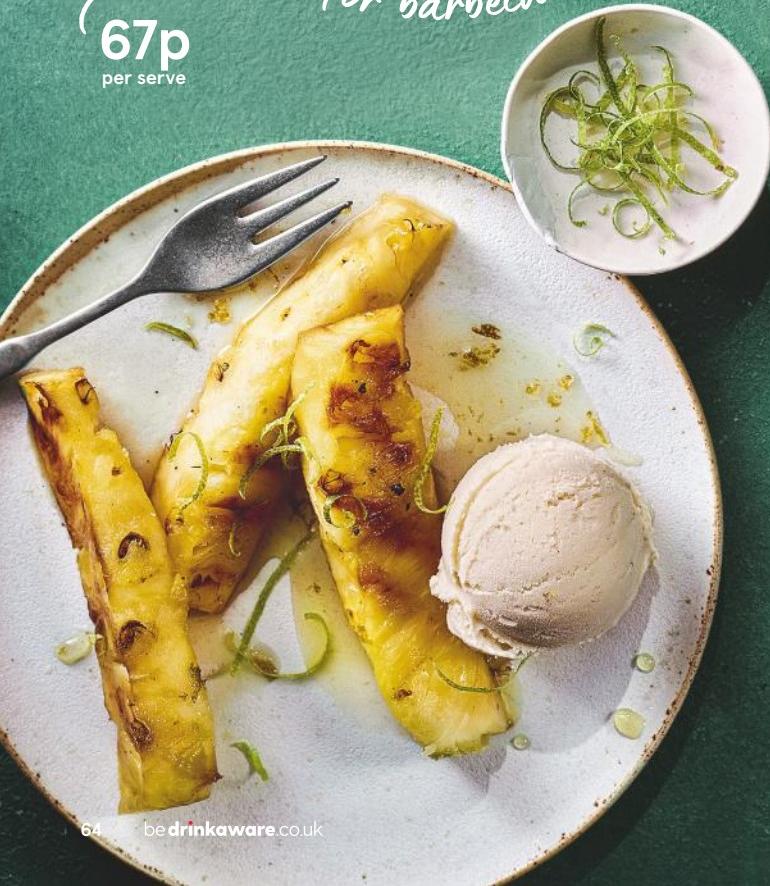


Just bake ready-made pastry





New idea for barbecues
67p per serve



GRILLED PINEAPPLE WITH RUM-SPIKED LIME SYRUP

Serves 4 V GF

Takes 20 mins

Cost per serve 67p

CLEVER SWAP Use a dairy-free ice cream to make this vegan.

80g caster sugar
2 ½ limes, all zested,
2 juiced
1 tbsp spiced rum
1 medium pineapple,
peeled and cored
2 tbsp soft light brown
sugar
100g vanilla ice cream,
to serve

1 Put the caster sugar, lime juice and ¾ of the zest in a pan with 80ml water. Simmer for 5-7 mins, occasionally swirling the pan but not stirring, until reduced by half with a syrupy consistency. Stir in the rum and set aside to cool.

2 Cut the pineapple into 4 by cutting down around the core. Slice each piece into long, 2.5cm-wide wedges and pat dry with kitchen paper.

3 Put the brown sugar on a plate and lightly dip both sides of the pineapple wedges into it.

4 Heat a griddle pan over a high heat until smoking hot, then griddle the pineapple for 1-2 mins each side until lightly caramelised and char lines form. Alternatively, grill on the dying embers of a barbecue for the same amount of time. Don't leave them on the heat too long as the sugar will burn quickly.

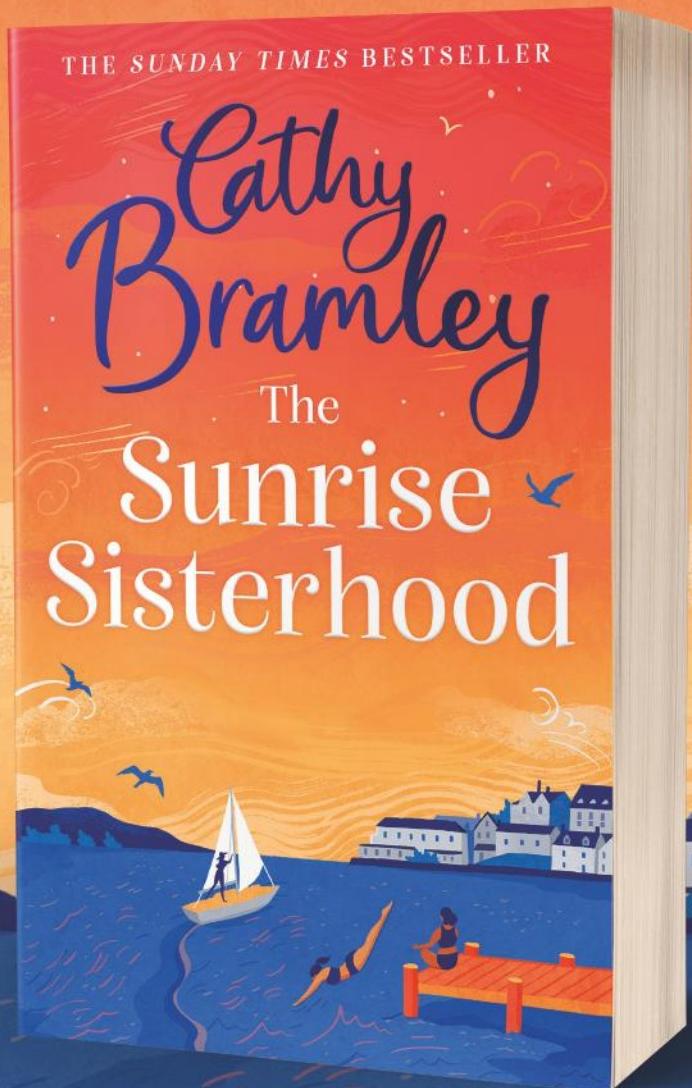
5 Divide the pineapple between 4 plates and drizzle a little syrup over each. Top with a scoop of ice cream and the remaining lime zest to serve.

Each serving contains

Energy 959kJ 227kcal	Fat 3g	Saturates 2g	Sugars 46g	Salt <1g
11%	4%	9%	51%	1%

of the reference intake. See page 9.
Carbohydrate 47g Protein 1g Fibre 2g

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Too good to waste

Thrifty tips to maximise ingredients, save money and be a bit more sustainable

USE IT UP

Try these speedy ideas for using up leftover ingredients from some of the recipes in this issue

RED ONIONS, p28

Fry until caramelised with brown sugar, chilli flakes and balsamic vinegar then use as a base for Bolognese. To freeze, chop or slice and put in freezer bags. Squeeze out as much air as possible before sealing. Label with contents and date, and freeze for up to 6 months.

PASSATA, p72 Freeze passata for up to 3 months in an ice cube tray, so you can easily defrost the quantity you need. It can be used as a topper for bruschetta or chicken parmigiana.



PANKO BREADCRUMBS, p22

Fry with garlic and oil to make a crunchy topping for pasta or mash. Or mix with melted butter and herbs to top fish fillets before baking.

ROASTED RED PEPPERS, p77

Blitz with tinned tomatoes, garlic, herbs and a pinch of sugar to stir into pasta or top pizzas.



CARAMEL SAUCE, p62

Leftover caramel sauce can be heated slightly and used for dipping churros into, or for drizzling over trifles or ice cream.



GNOCCHI, p74

Fry in a little oil until crispy and serve with your favourite dip to make speedy nibbles for a party, or stir into soups to bulk out.

RISOTTO RICE, p23

This will keep in the storecupboard for up to a year. Make a batch of rice pudding, or turn leftover cooked risotto into arancini balls. Find a recipe at tes.co/aranciniballs.

FRIDGE-RAID FEASTS

Transform your leftovers into vegetable fritters

Grate your veg for quick and even cooking. Try carrot, courgette, squash, beetroot or potatoes, squeezing out excess liquid. Add sweetcorn, peas and spring onion for colour and sweetness.



Bind ingredients by beating an egg and add 2 tbsp self-raising flour, then stir in the grated veg – or keep it vegan and stir through 2 tbsp gram flour and 1 tsp baking powder. Add herbs or grated cheese if you like.



Fry in a flash! Heat a little oil in a nonstick pan over a medium heat and add large spoonfuls of the batter. Press down with the back of a spoon and cook for 2–3 mins each side.

Add a topping to finish off your fritters. Salad cream, sweet chilli sauce, raita and pesto mayo are great choices. For texture, try crispy onions or bacon, along with black pepper and herbs like coriander or chives.



Make the most of...

ICE CUBE TRAYS



COOK'S STAPLES

Hardier herbs such as rosemary and thyme freeze best. Chop the herbs finely and $\frac{3}{4}$ fill the tray. Pour over oil to just cover. Freeze, then transfer to freezer bags. This process also works for garlic. Pesto, tomato purée, coconut milk and stock freeze well too.

DRINKS

For a speedy iced coffee, freeze cooled coffee into cubes. When ready to use, put in a glass with a little fresh coffee and milk. Fruit juice cubes make great smoothies: blitz with a little milk or, for a summer treat, add ice cream. Freeze wine into cubes for dropping into pasta sauces.

TOP TIPS

If you're planning to use your ice cube trays for freezing leftovers, it's worth keeping some separate for ice. Strong flavours such as garlic can transfer to the tray, and no one wants garlicky ice cubes!



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Roll with it

Move over pizza Margherita! Try this fun twist on a family favourite over the Bank Holiday

£1.07
per serve

HAM & PINEAPPLE PIZZA ROLL

Serves 6 freeze

unbaked, defrost before baking

Takes 45 mins plus proving

Cost per serve £1.07

2 x 145g packs pizza base mix

plain flour, for dusting

olive oil, for greasing

300g tomato & herb pizza sauce

100g reduced-fat mozzarella, grated

60g pineapple chunks, each cut into 3 slices

4 slices wafer-thin honey-roast ham, torn

1 medium egg, beaten

green salad, to serve (optional)

1 Stir together the pizza base mixes and make up to pack instructions. Tip out onto a lightly floured surface and knead for 5 mins or until smooth and elastic. Transfer to an oiled bowl and cover with a clean tea towel. Leave to rise for 30 mins or until doubled in size.

2 Knock back the risen dough and turn out onto a lightly floured surface. Roll out to a 30 x 35cm rectangle, with a long side facing you. Preheat the oven to gas 7, 220°C, fan 200°C, and put a large baking tray inside to heat up.

3 Spread 6 tbsp pizza sauce over the dough, leaving a 2cm border at the bottom and edges, and 4cm at the top. Scatter over the mozzarella, followed by the pineapple and ham. Brush the borders with beaten egg.

4 Fold over the left and right edges of the rectangle by about 4cm, then roll up the dough from the bottom to the top. Carefully transfer to a large sheet of

baking paper and onto the preheated tray, making sure the seal is at the bottom. Brush all over with beaten egg, then use a sharp knife to make 6 horizontal scores across the top.

5 Bake for 25 mins or until golden brown and cooked through. Leave to cool for 5 mins, then slice into 6 pieces. Heat the remaining pizza sauce in the microwave or in a small pan to warm through, then serve alongside the pizza rolls for dipping. The rolls will keep in the fridge for 1-2 days.

Each serving contains

Energy 1197kJ 284kcal	Fat 7g	Saturates 3g	Sugar 7g	Salt 0.7g
14%	10%	13%	7%	12%

of the reference intake. See page 9.
Carbohydrate 40g Protein 13g Fibre 3g
Source of protein; source of vitamin B12

Let's jump in!

Peppa Pig

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eOne Peppa Pig created by Matt Balmer and Neville Astley © 2010 eOne Media Worldwide

Lunch for little ones

Make half-term – and weekends – a breeze with these budget-friendly lunches the kids will love, all ready in 10 minutes or less

Tuna melt
quesadillas
p72

91p
per serve





TUNA MELT QUESADILLAS

Serves 2 Takes 10 mins

Cost per serve 91p

145g tin tuna chunks in spring water, drained

1 tbsp lighter mayonnaise
40g tinned sweetcorn in water, drained

- 4 plain tortilla wraps
- 40g 50% reduced-fat mature cheese, coarsely grated
- 20g baby spinach, thicker stems removed, roughly chopped
- 2 tsp olive oil
- mixed leaf salad, to serve (optional)

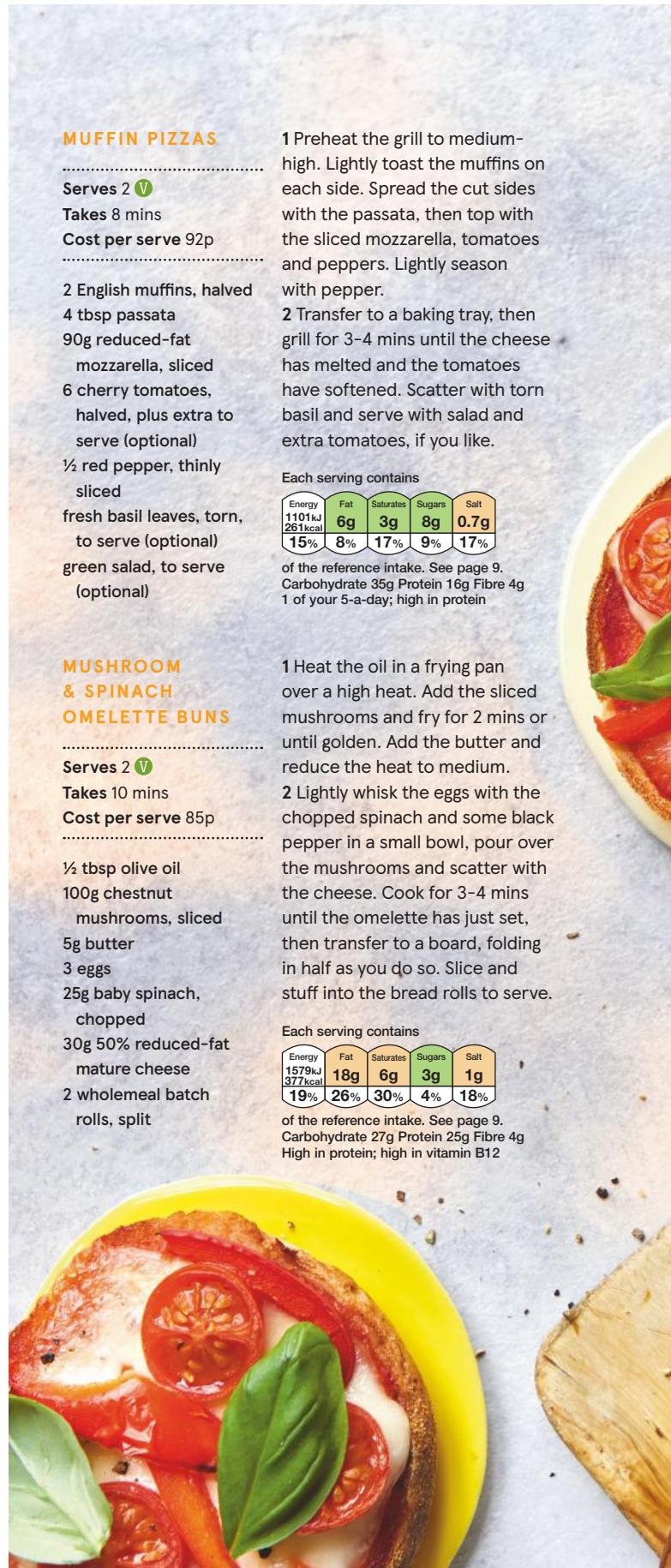
1 Mix the tuna, mayonnaise and sweetcorn in a bowl with some black pepper. Lay 2 of the wraps on a board and spread over the filling, leaving a small border. Scatter over the cheese and spinach, then sandwich with the remaining tortillas.

2 Heat 1 tsp oil in a frying pan over a medium-high heat, then toast the tortillas for 2-3 mins each side until golden and the cheese has melted, adding the remaining oil for the second one. Shimmy onto a board and slice into quarters. Serve with salad, if you like.

Each serving contains

Energy 1773kJ 422kcal	Fat 14g	Saturates 3g	Sugars 3g	Salt 1.7g
21%	20%	16%	3%	28%

of the reference intake. See page 9.
Carbohydrate 47g Protein 26g Fibre 2g
High in protein; high in vitamin B12



MUFFIN PIZZAS

Serves 2 V

Takes 8 mins

Cost per serve 92p

- 2 English muffins, halved
- 4 tbsp passata
- 90g reduced-fat mozzarella, sliced
- 6 cherry tomatoes, halved, plus extra to serve (optional)
- ½ red pepper, thinly sliced
- fresh basil leaves, torn, to serve (optional)
- green salad, to serve (optional)

1 Preheat the grill to medium-high. Lightly toast the muffins on each side. Spread the cut sides with the passata, then top with the sliced mozzarella, tomatoes and peppers. Lightly season with pepper.

2 Transfer to a baking tray, then grill for 3-4 mins until the cheese has melted and the tomatoes have softened. Scatter with torn basil and serve with salad and extra tomatoes, if you like.

Each serving contains

Energy 1101kJ 261kcal	Fat 6g	Saturates 3g	Sugars 8g	Salt 0.7g
15%	8%	17%	9%	17%

of the reference intake. See page 9.
Carbohydrate 35g Protein 16g Fibre 4g
1 of your 5-a-day; high in protein

MUSHROOM & SPINACH OMELETTE BUNS

Serves 2 V

Takes 10 mins

Cost per serve 85p

- ½ tbsp olive oil
- 100g chestnut mushrooms, sliced
- 5g butter
- 3 eggs
- 25g baby spinach, chopped
- 30g 50% reduced-fat mature cheese
- 2 wholemeal batch rolls, split

1 Heat the oil in a frying pan over a high heat. Add the sliced mushrooms and fry for 2 mins or until golden. Add the butter and reduce the heat to medium.

2 Lightly whisk the eggs with the chopped spinach and some black pepper in a small bowl, pour over the mushrooms and scatter with the cheese. Cook for 3-4 mins until the omelette has just set, then transfer to a board, folding in half as you do so. Slice and stuff into the bread rolls to serve.

Each serving contains

Energy 1579kJ 377kcal	Fat 18g	Saturates 6g	Sugars 3g	Salt 1g
19%	26%	30%	4%	18%

of the reference intake. See page 9.
Carbohydrate 27g Protein 25g Fibre 4g
High in protein; high in vitamin B12

lighter, fun-sized pizza for little hands



92p
per serve



85p
per serve



JACKETS & COWBOY BEANS

Serves 2

Takes 10 mins

Cost per serve 89p

2 small jacket potatoes (about 120g each)
 2 frozen mini corn on the cobs
 ½ tbsp olive oil
 2 Meat & Veg pork sausages, each sliced into 5
 420g tin reduced-sugar & salt baked beans
 1 tbsp barbecue sauce
 5g unsalted butter

1 Prick the potatoes all over with a fork, then microwave on high* for 7 mins, turning halfway, or until cooked through. Add the mini corn cobs halfway through; microwave to pack instructions.
 2 Meanwhile, heat the oil in a frying pan over a medium-high heat. Fry the sliced sausages for 3 mins or until browned all over.
 3 Add the baked beans and barbecue sauce, reduce the heat to medium and cook for 2–3 mins, stirring occasionally, to warm through. Split the potatoes in half and divide the butter between them to melt. Spoon over the cowboy beans and serve with the corn cobs alongside.

Each serving contains

Energy 1922kJ 457kcal	Fat 13g	Saturates 4g	Sugars 12g	Salt 1.6g
23%	18%	21%	13%	27%

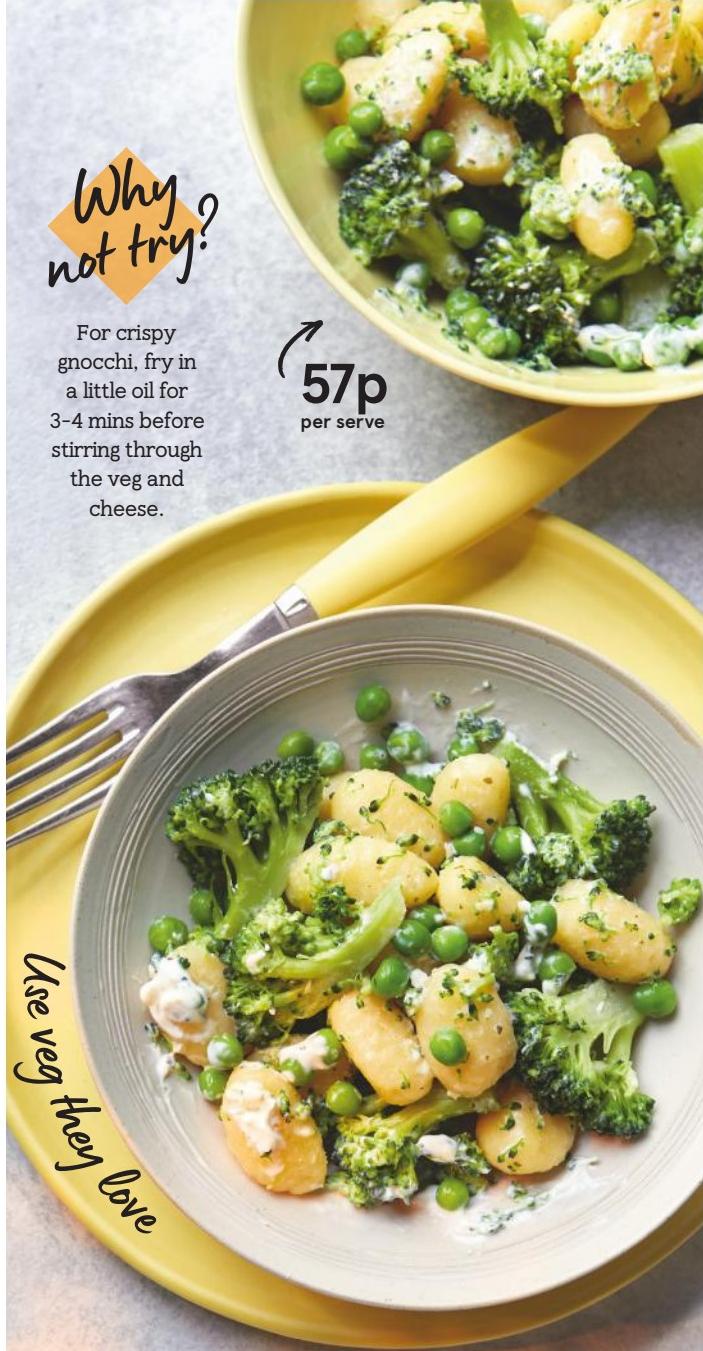
of the reference intake. See page 9.
 Carbohydrate 58g Protein 21g Fibre 14g
 1 of your 5-a-day; low in fat

 89p
per serve


Why
not try?

For crispy
gnocchi, fry in
a little oil for
3–4 mins before
stirring through
the veg and
cheese.

57p
per serve



Use veg they love

CHEESY BROCCOLI GNOCCHI

Serves 2

Takes 10 mins

Cost per serve 57p

100g broccoli, cut into small florets
 50g frozen peas
 160g fresh potato gnocchi
 40g 50% lighter garlic & herb soft cheese

Bring a pan of water to the boil, add the broccoli and cook for 8 mins, adding the frozen peas and gnocchi for the last 2–3 mins. Drain, reserving 1 tbsp water, then stir in the soft cheese, adding a splash of reserved water if needed, to serve.

Each serving contains

Energy 729kJ 173kcal	Fat 3g	Saturates 2g	Sugars 3g	Salt <1g
9%	4%	9%	4%	7%

of the reference intake. See page 9.
 Carbohydrate 27g Protein 7g Fibre 5g
 Low in fat; high in vitamin C; source of fibre; source of protein

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♡JAMIE OLIVER BANK HOLIDAY HEROES

Never be stuck for super-tasty inspiration this month with Jamie's recipes that pack a flavour punch but go easy on your wallet



Fridge-raid favourite



May is one of my favourite months of the year. It's perfect for relaxed family feasting, with two long weekends (plus a cheeky extra Bank Holiday this year thanks to King Charles!) and the temperature warm enough to eat outside. My brilliant, budget-friendly recipes will help you make the most of the fun times ahead: a brunch-time winner, creamy ricotta toasts; mini veg tortillas that are just waiting to be taken on a picnic; and an easy, hands-off traybake that will get everyone round the table.

As Tesco's good food ambassador, I love to inspire you guys to eat more healthily without compromising on taste or cost. And thanks to Better Baskets, it's never been easier to do just that: my tortilla recipe on p79 has a low cost per serve, so you can eat well, even when times are tight. Plus, I'll share great tips for using up your leftovers or swapping ingredients, so you can flex my recipes to suit you. Let's get started!

'Perfect for that Bank Holiday brunch, picnic in the park or WFH lunch, this is more of a principle than simply a recipe, which you can flex and make your own. It's a brilliant fridge-raid number that can help you use up those odds and ends'

CREAMY RICOTTA TOASTS WITH BROAD BEANS, ROASTED PEPPERS & FRESH BASIL

Serves 2 **V**

Takes 10 mins

Cost per serve £1.17

CLEVER SWAPS

You can use any spreadable cheese in place of the ricotta. Swap pesto for harissa, chipotle paste or sundried tomato paste. You can use olives, sundried tomatoes or any other veg you fancy – mix it up!

160g frozen broad beans or peas

2 jarred roasted red peppers

30g pack fresh basil

20g pecorino

1 lemon

125g ricotta

2 large slices sourdough or crusty bread

45g babyleaf salad

olive oil

1 Cook the frozen beans in the microwave with a splash of water for 3–5 mins until cooked through, then drain and rinse under cold water. Meanwhile, finely slice the peppers, tearing through a few of the basil leaves.

2 Finely grate the pecorino and a little lemon zest into a food processor and squeeze in a little lemon juice. Add the ricotta, cooled beans and most of the basil leaves (reserving a few small leaves) and blitz until smooth. Season to perfection, tweaking with more lemon juice if you think it needs it.

3 Toast the sourdough, spread over the vibrant green ricotta, then top with the sliced peppers and a few small basil leaves. Serve with a crisp babyleaf salad on the side, dressed with lemon juice, oil and a pinch of black pepper.

Each serving contains

Energy 1324kJ 317kcal	Fat 9.3g	Saturates 5.6g	Sugars 7.8g	Salt 0.8g
16%	13%	28%	9%	13%

of the reference intake. See page 9.
Carbohydrate 37.8g Protein 20.1g Fibre 5.4g
2 of your 5-a-day and high in protein, which supports the maintenance of normal bones

JAMIE'S FOOD WASTE HACKS

- Double up the quantities for the ricotta mix to use up a whole tub of ricotta, then keep in the fridge for tomorrow's lunch.
- Use up the rest of your red peppers in a frittata, or chopped through tomorrow's salad.

One-pan wonder



'An all-in-one dish of succulent chicken, rice and seasonal greens flavoured with white miso, rich soy and honey. Easy to double to serve more, or reduce to serve less, this is clever, hands-off cooking at its best. Perfect for those balmy May evenings'

STICKY MISO CHICKEN TRAYBAKE

WITH COOL CUCUMBER & CRUNCHY SESAME

Serves 4 DF

Takes 1 hr plus optional

marinating

Cost per serve £1.60

1 heaped tbsp white

miso paste

2 tbsp reduced-salt

soy sauce

red wine vinegar

olive oil

1kg pack chicken

drumsticks

1 head of broccoli

1 mug (300g) white
basmati rice

2 tbsp clear honey

1 heaped tbsp

sesame seeds

1 cucumber

1 Preheat the oven to gas 6, 200°C, fan 180°C. In a large flameproof roasting tin, mix the miso, soy sauce, ½ tbsp red wine vinegar and 2 tbsp oil until combined. Add the chicken and mix well to coat, then turn the chicken skin-side down. Marinate for a few hrs in the fridge if you have time. Roast for 30 mins.

2 Boil the kettle and chop the broccoli into small florets. Remove the tin from the oven, carefully turning the chicken skin-side up. Pour in 1 mug of rice and 2 mugs of boiling kettle water (600ml). Poke in the broccoli, then put the tin over a medium heat and let everything bubble for 3 mins. Drizzle the chicken with the honey and sprinkle over the sesame seeds.

3 Return to the oven for 15 mins or until the rice is fluffy and the chicken pulls easily away from the bone. Meanwhile, cut the cucumber in half and scrape out the seeds, then chop into 1cm chunks. Put in a bowl with 2 tbsp red wine vinegar and a pinch of salt. Stir well; leave to pickle for 10 mins.

4 Remove the tin from the oven and serve alongside the pickled cucumber.

Each serving contains

Energy 2549kJ 606kcal	Fat 21g	Saturates 6g	Sugars 11.8g	Salt 1.8g
30%	30%	30%	13%	30%

of the reference intake. See page 9.

Carbohydrate 53.6g Protein 49.1g Fibre 3.6g

2 of your 5-a-day and high in protein, which

supports the maintenance of muscle mass

JAMIE'S FOOD WASTE HACKS

- Mix any leftover miso with some softened butter and melt it on cooked fish, or vegetables such as corn on the cob, sweet potatoes or broccoli.
- Swap the white miso for red or brown.



'Pack up a few of these tasty bites and that's the family picnic sorted! Plus, they're brilliant for getting more of the good stuff into kids. Cooked in a muffin tin, you can easily batch up and freeze these mini tortillas for later'

MINI VEG TORTILLAS WITH SWEETCORN, TOMATOES & CHEDDAR

Serves 4 V GF

Takes 35 mins

Cost per serve £1.03

200g new potatoes

6 eggs

200g frozen sweetcorn

100g hard cheese, such
as Red Leicester or
Cheddar

200g cherry tomatoes

6 spring onions

15g fresh chives or
parsley

1 Preheat the oven to gas 6, 200°C, fan 180°C. Cook the potatoes in the microwave for 5 mins until softened.

Meanwhile, crack the eggs into a large bowl, add the sweetcorn, grate in most of the cheese, and quarter and add the tomatoes. Slice the spring onions and herbs, and roughly chop the potatoes (once cool enough to handle). Put it all in the bowl, season and mix well.

2 Cut out 12 pieces of baking paper into squares just larger than each compartment of a muffin tin, briefly scrunch under cold water and fold each piece into the compartments (wetting the paper will make it easier to shape).

3 Ladle the egg mixture into each compartment. Grate over the remaining cheese and bake for 20 mins or until golden. Allow to cool before removing from the tin.

Each serving (3 tortillas) contains

Energy 405kJ 97kcal	Fat 7g	Saturates 2.6g	Sugars 1.3g	Salt 0.2g
5%	10%	13%	1%	3%

of the reference intake. See page 9.

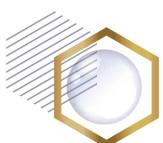
Carbohydrate 5g Protein 6.4g Fibre 1.4g

High in vitamin B12, which supports

normal blood cell formation



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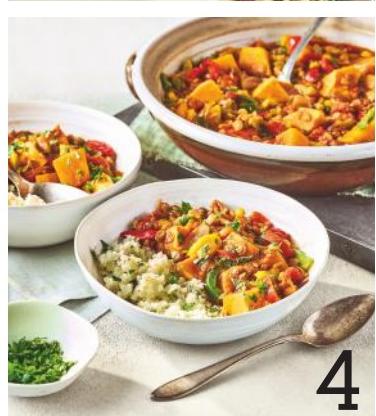
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Five reader-approved, gluten-free recipes
to see your family through the week



Tried it, liked it



Our tester this month is Hayley, who lives with her husband and two young daughters: 'My oldest and I both have coeliac disease, so it was nice not having to think about how to adapt recipes.'

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

This was a great way for us all to get involved with meals, and for the girls to try new flavours.

New

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1 ROASTED CAULIFLOWER PILAF

Serves 4

Takes 45 mins

300g long-grain rice
1 small red onion, finely sliced
½ lemon, juiced
400g frozen cauliflower florets
2 tbsp harissa seasoning
2 tbsp olive oil
1 vegetable stock pot, made up to 550ml
200g frozen peas
200g frozen green beans
100g baby spinach, roughly chopped

1 Preheat the oven to gas 9, 240°C, fan 220°C. Rinse the rice until the water that comes off is clear. Cover with more fresh water in a bowl; leave to soak. Put the onion in a bowl, add the lemon juice and a pinch of salt; toss to coat. Set aside to pickle.

2 Put the cauliflower in a deep roasting tin, about 40 x 45cm, and toss with the harissa seasoning and oil; season. Roast for 10-15 mins until just starting to turn golden at the edges.

3 Drain the rice and add to the cauliflower tin, along with the hot stock. Mix briefly, then cover with foil and crimp around the edges to create a seal to keep in the steam. Bake for 20 mins.

4 Remove the foil from the tin (being careful of the steam), fluff up the rice with a fork, then stir in the peas, green beans and spinach. Add the foil back if the rice is looking a little dry, or leave it off if there's some stock left. Cook for a further 5 mins until

the greens are piping hot and the rice is tender. Scatter with the onion and any pickling liquid to serve.

Each serving contains

Energy 1902kJ 451kcal	Fat 10g	Saturates 2g	Sugars 10g	Salt 1.5g
23%	14%	8%	11%	26%

of the reference intake. See page 9. Carbohydrate 73g Protein 13g Fibre 9g 2 of your 5-a-day; source of fibre; source of vitamin C; low in fat

The generous portion size meant I had some for lunch too!



COCONUT FISH & GREEN BEAN CURRY

Serves 4 DF GF

Takes 30 mins

1 small red onion, roughly chopped
20g ginger, peeled and roughly chopped
3 garlic cloves
2 tbsp medium curry powder
10g fresh coriander, chopped
300g long-grain rice, washed
1 tbsp vegetable oil
400g tin light coconut milk
520g pack frozen white fish fillets
500g frozen green beans
1 lime, juiced

1 Put the onion, ginger, garlic, curry powder and half the coriander in a small blender with 1-2 tbsp water until it comes together in a paste. Cook the rice to pack instructions.

2 Heat the oil in a large, lidded frying pan over a medium-high heat and fry the paste for 3-4 mins until fragrant. Add the coconut milk, season and bring to a simmer. Nestle the fish fillets into the sauce and add the green beans around them (don't worry if not everything is submerged).

3 Cover and simmer for 10 mins, still on a medium-high heat, then remove the lid, stir gently and cook for another 5 mins or until the fish is cooked through, the green beans are tender and the sauce has thickened slightly (it will still be quite thin). Don't stir too much or the fish will break up. Squeeze over the lime juice and check for seasoning.

4 Fluff up the rice, divide between bowls and spoon over the curry. Scatter with the reserved coriander to serve.

Each serving contains

Energy 2097kJ 499kcal	Fat 13g	Saturates/ 30%	Sugars 6g	Salt <1g
25%	19%	30%	6%	7%

of the reference intake. See page 9.
Carbohydrate 67g Protein 24g Fibre 9g
1 of your 5-a-day; very low salt



3



The pasta was a lovely change from other gluten-free ones,

CREAMY BACON PASTA SALAD

Serves 4 GF

Takes 20 mins

125ml 50% less fat crème fraîche
1 small garlic clove, crushed
½ lemon, juiced
75g baby spinach, washed
150g cooking bacon, meat finely sliced
250g red lentil fusilli
200g frozen green beans
4 spring onions, finely sliced

1 Preheat the grill to high. Put the bacon on the grill tray and grill for 8-10 mins, turning halfway, until very crisp and deep golden. Leave to cool slightly.
2 Meanwhile, cook the pasta to pack instructions, adding the green beans for the last 3 mins; drain.
3 Mix the crème fraîche, garlic, lemon juice and some seasoning in a large bowl. Stir in the cooked pasta and green beans, the spinach, cucumber and spring onions; toss well to coat. Divide between plates or tip onto a platter. Crumble over the cooked bacon to serve.

Each serving contains

Energy 1756kJ 417kcal	Fat 12g	Saturates/ 28%	Sugars 4g	Salt 1.3g
21%	16%	4%	21%	

of the reference intake. See page 9.
Carbohydrate 48g Protein 27g Fibre 7g
1 of your 5-a-day; high in protein;
source of fibre; source of vitamin B6

4 BUTTERNUT TAGINE & CAULIFLOWER 'COUSCOUS'

Serves 4

freeze tagine only

Takes 40 mins

- 1 tbsp olive oil
- 2 red onions, finely sliced
- 250g frozen sliced peppers
- 350g pack butternut squash & sweet potato
- 2 tbsp harissa seasoning
- 390g tin green lentils in water
- 400g tin plum tomatoes
- 1 vegetable stock pot, made up to 400ml
- 500g frozen cauliflower florets
- 10g fresh coriander, finely chopped

1 Heat the oil in a deep frying pan over a medium-high heat and fry the onions for 6-8 mins. Add the frozen peppers, the squash mix and harissa seasoning; fry for another 6-8 mins until the peppers have defrosted.

2 Add the lentils with the water in the tin, the plum tomatoes and stock. Simmer for 15-20 mins until the squash is tender and the sauce has thickened.

3 Meanwhile, put the frozen cauliflower in a heatproof bowl and microwave on high* for 6-8 mins, stirring halfway, until defrosted and warm but not piping hot. Pat dry with kitchen paper and tip into a food processor. Pulse a few times to break up the florets into 'grains'

resembling couscous. (Don't blend too much or you'll end up with a purée!) Transfer to a bowl and return to the microwave for 2-3 mins until warmed through. Stir in most of the coriander.

4 Divide the cauliflower couscous between 4 bowls and spoon over the squash tagine. Serve with the remaining coriander scattered over.

Each serving contains

Energy 1275kJ 303kcal	Fat 8g	Saturates 1g	Sugars 23g	Salt 1.7g
15%	12%	7%	26%	28%

of the reference intake. See page 9.
Carbohydrate 42g Protein 11g Fibre 12g
4 of your 5-a-day; high in fibre; low in fat

This was a firm favourite with all of us - my youngest in particular loved it



5

FAJITA
RICE BOWLS

Serves 4 GF

Takes 30 mins

300g long-grain rice, washed
 1 tbsp vegetable oil
 400g beef mince
 2 garlic cloves, crushed
 30g sachet fajita seasoning
 1 medium or 2 small red onions, finely sliced
 250g frozen sliced peppers
 400g tin black beans, drained and rinsed
 250g frozen peas
 1 lime, zested and cut into 6 wedges
 10g coriander, finely chopped, a few leaves reserved to serve
 100ml 50% less fat crème fraîche
 4 spring onions, finely sliced

1 Cook the rice to pack instructions. Heat $\frac{1}{2}$ tbsp oil in a frying pan over a medium-high heat and fry the mince, breaking up with a spoon, for 8–10 mins until golden and crisp. Drain off the excess fat. Add the garlic and fajita seasoning; fry for 2 mins more.

2 Meanwhile, heat $\frac{1}{2}$ tbsp oil in another frying pan. Fry the onions and peppers over a high heat for 4–6 mins until soft and piping hot. Stir in the black beans and cook for 2–3 mins to warm through.

3 Boil the peas for 2–3 mins until defrosted, then drain and rinse for a few secs to cool. Put in a blender (or use a stick blender), season with pepper and squeeze in 2 lime wedges. Blend to a chunky guacamole; add 1 tbsp water to bring together, if needed. Stir the lime zest and coriander through the crème fraîche.

4 Divide the rice between 4 bowls. Spoon over the crispy mince and the bean mixture. Add a dollop of the herby crème fraîche, the pea guacamole and the coriander leaves. Scatter with the spring onions and serve with a lime wedge for squeezing over.

Each serving contains



of the reference intake. See page 9.
 Carbohydrate 83g Protein 35g Fibre 11g



SHOPPING LIST

1 lemon
 2 limes
 30g pack fresh coriander
 1 garlic bulb
 20g piece fresh ginger
 1 cucumber portion
 250g pack baby spinach
 350g pack butternut squash & sweet potato
 1kg pack Redmere Farms red onions
 300ml pot 50% less fat crème fraîche
 500g pack Woodside Farms cooking bacon
 500g pack 20% fat beef mince
 1kg pack Grower's Harvest long-grain rice
 250g pack red lentil fusilli
 400g tin Grower's Harvest plum tomatoes
 400ml tin lighter coconut milk
 390g tin green lentils in water
 400g tin black beans
 48g jar harissa seasoning
 30g sachet fajita seasoning
 80g pot medium curry powder
 500g pack frozen sliced mixed peppers
 900g pack frozen cauliflower florets
 900g pack frozen green beans
 900g pack Grower's Harvest frozen peas
 520g pack Bay Fishmongers frozen white fish fillets

+ FROM YOUR STORECUPBOARD

Olive oil, vegetable oil, vegetable stock pots

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New

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IF YOU MAKE ONE CHANGE

...Look after your smile

We brush our teeth twice a day, but what else can we do to support our oral health? Understanding which foods can help – and hinder – can go a long way towards keeping our teeth healthy, and might avoid costly dental work too.



Flossing can protect you from gum disease, but did you know there are some foods that can proactively help to 'clean' your teeth? Crunchy foods like raw carrots, apples and celery boost saliva production, which rinses away bacteria*.

Sugary foods can contribute to tooth decay as your mouth uses more acid to break down the sugar, which can lead to the surfaces of teeth eroding**. Eat treats like cakes, flavoured yogurts, cereal bars and ketchup in moderation and as part of a meal to try to limit the damage to your teeth.

Calcium-rich foods can help to strengthen enamel and neutralise acid in your mouth* – try milk, almonds, kale and boney fish such as sardines.

Some food and drink with strong colours (or the tannins in red wine and coffee) can cause staining. Watch out for turmeric, balsamic vinegar, fruit juices and soy sauce – rinse your mouth with water after eating these, or chew sugar-free gum to stimulate saliva***.



Made in
Sweden

cleans bigger than it looks



Little brush, big reach – can clean up to 40% more of your teeth than regular brushing

TePe interdental brushes are expertly designed featuring easy-grip handles made with renewable material*. They comfortably get to those hard-to-reach places, getting you closer to 100% clean – we're big on oral health.

Get into good habits at tepe.com/uk



*via the mass balance approach independently certified by ISCC PLUS

In the know...

A healthy appetite

What's your body really trying to tell you when your tummy rumbles? We asked an expert



JASMINE CARBON (@carbon_nutrition) is a registered dietitian and founder of Carbon Nutrition and Dietetics.

There are a few things, besides hunger, that can trigger your appetite. 'Hunger is stimulated and suppressed by a range of hormones,' explains Jasmine. 'Especially ghrelin (produced when your stomach is empty for a period of time and you need to eat) and leptin (the fullness hormone, produced after you've eaten a meal). Your appetite is also influenced by emotions, such as feeling stressed, or environmental cues, like smelling food being cooked. It can be a learnt behaviour too, as in wanting to eat at the same time each day.' This is why understanding your hunger cues can help prevent overeating.

20 mins

is approximately how long it takes the stomach to tell the brain it feels full*. Try eating slower or using smaller plates to prevent eating past the point of feeling full.



MYTH

You should eat every time you feel hungry.

FACT

'Our bodies often mistake thirst for hunger,' says Jasmine. 'So I would advise reviewing your fluid intake first and aiming to drink 6-8 glasses (or 2 litres) of no-added sugar, non-caffeinated drinks each day.'

FIBRE FOCUS

Foods that are high in fibre can delay feelings of hunger, because fibre takes longer for the body to digest. As a result the hormones signifying fullness (leptin) remain higher and hormones signifying hunger (ghrelin) are down-regulated. For a fibre boost:

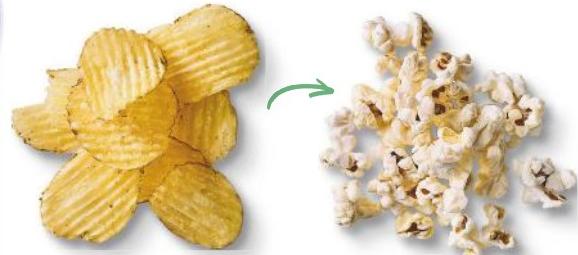
SWAP...

...chips for sweet potato wedges



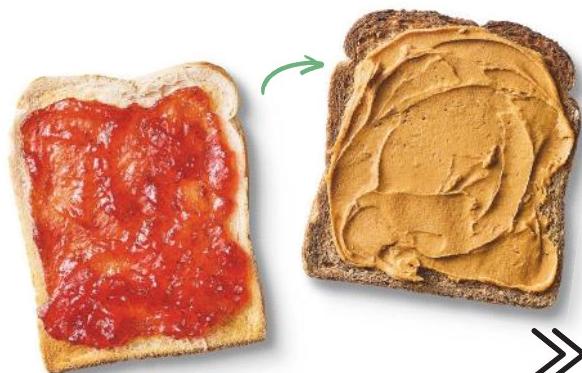
SWAP...

...crisps for popcorn



SWAP...

...white toast with jam for seeded brown toast with nut butter



3 GREAT WAYS TO START THE DAY

1 ↗

Oats soaked in unsweetened milk (or milk-alternative) topped with fruit



2 ↗

Wholegrain toast with scrambled tofu



3 ↗

Small glass (150ml) of fruit smoothie containing high-protein yogurt and seeds



BREAKFAST CLUB

'When you sleep you're in a state of fasting, so you need to refuel and rehydrate when you wake up. This helps control appetite as it means that sugar cravings are less likely to happen and you're more likely to focus and concentrate better,' says Jasmine. The above breakfast ideas are good sources of protein and fibre, which are great for refuelling.

CHOCOLATE & SWEET POTATO BROWNIES

Makes 16 V *

Takes 40 mins plus cooling

Cost per serve 25p

CLEVER SWAP

Make this gluten-free by using gluten-free oat bran.

1 medium sweet potato (about 250g), peeled and cut into 2cm chunks

95g classic 74% dark chocolate, chopped

40ml light olive oil
2 medium eggs
85g low-fat natural yogurt

100g light muscovado sugar

60g medjool dates, pitted and chopped

1/2 tsp vanilla extract

25g cocoa powder

1/2 tsp baking powder

60g oat bran

40g ground almonds

25g whole skin-on

almonds, chopped

1 Preheat the oven to gas 4, 180°C, fan 160°C, and line a 20cm square baking tin. Put the sweet potato in a heatproof bowl with 1 tbsp water, cover and microwave on high for 3 mins* until soft. If it's not, continue to cook in 30-sec bursts until completely soft. Drain, then transfer to a food processor and blitz to a purée, or mash by hand. Spread over a plate to cool quickly.

2 Put the chocolate in a heatproof bowl over a pan of barely simmering water, stirring occasionally until just melted. Remove from the heat and set aside for 10 mins to cool slightly.

3 Return the sweet potato to the food processor and add the oil, eggs, yogurt, sugar, dates and vanilla; blitz until smooth. Gradually add the cooled chocolate, whizzing until incorporated.

4 Transfer the mixture to a large mixing bowl. Sift over the cocoa and baking powder, then fold in the oat bran, ground and whole almonds, and a pinch of salt until just combined.

5 Spoon into the prepared tin and bake for 20-25 mins until set but still a little soft in the middle. Leave to cool in the tin for 10 mins; transfer to a wire rack. Leave to cool for a few more mins before cutting into squares. They will keep for 2-3 days in an airtight container.

Each brownie contains

Energy 689kJ 165kcal	Fat 9g 12%	Saturates 3g 13%	Sugars 12g 13%	Salt 0.1g 2%

of the reference intake. See page 9.
Carbohydrate 16g Protein 4g Fibre 3g
Source of vitamin A, which supports the maintenance of normal skin



Made with sweet potato and medjool dates to reduce the added sugar needed, these brownies also contain ground almonds and olive oil to give healthy fats. Fibre is provided by oat bran, almonds and dates, which helps to make the energy in these brownies release more slowly.

SUGAR RUSH

'Some foods that are ultra-processed (for example, sugary drinks, cakes and oven pizzas) can actually increase your appetite,' says Jasmine. 'The temporary feeling of fullness you get after consuming these kinds of foods causes a high peak in your blood sugar, followed by a steep decline that makes you feel very low in energy. This can cause hunger-inducing hormones to be sent to the brain to encourage you to eat again.'

Lifestyle tips

If you think you have an unusually big appetite, look at your diet. 'Are you having 2 portions of fruit and at least 3 portions of vegetables across the day?' asks Jasmine. 'Or are your meals, snacks and drinks largely from ultra-processed food sources?' Appetite can also be stimulated by stress and anxiety, so think if there's something else in your life that could be triggering it.

ADD A LITTLE PROTEIN

Like fibre, it takes the digestive system longer to break down protein, compared to carbohydrate-based foods, so try adding more to your diet. Bulk out your next curry with a tin of beans, crack an egg onto pizzas, or stir Greek yogurt into porridge.



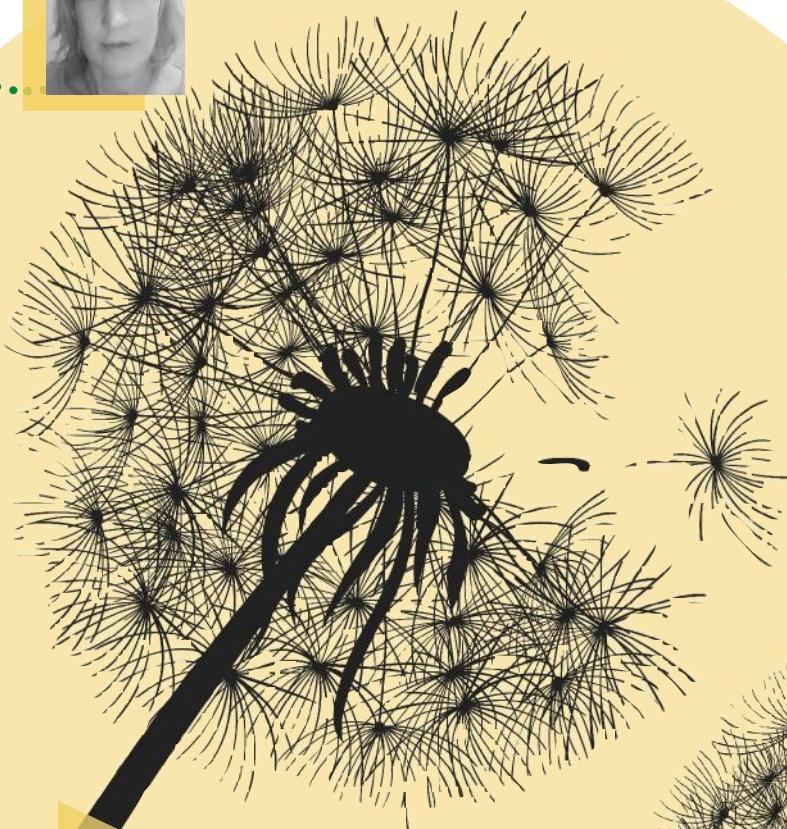
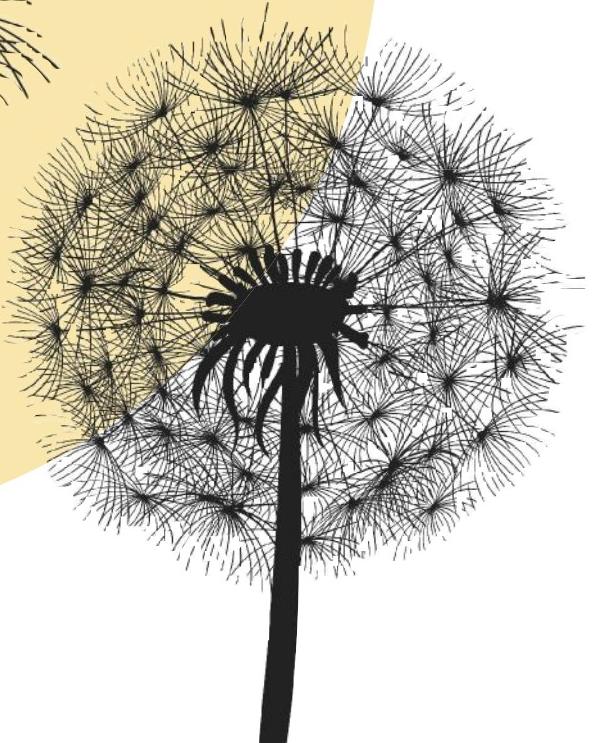
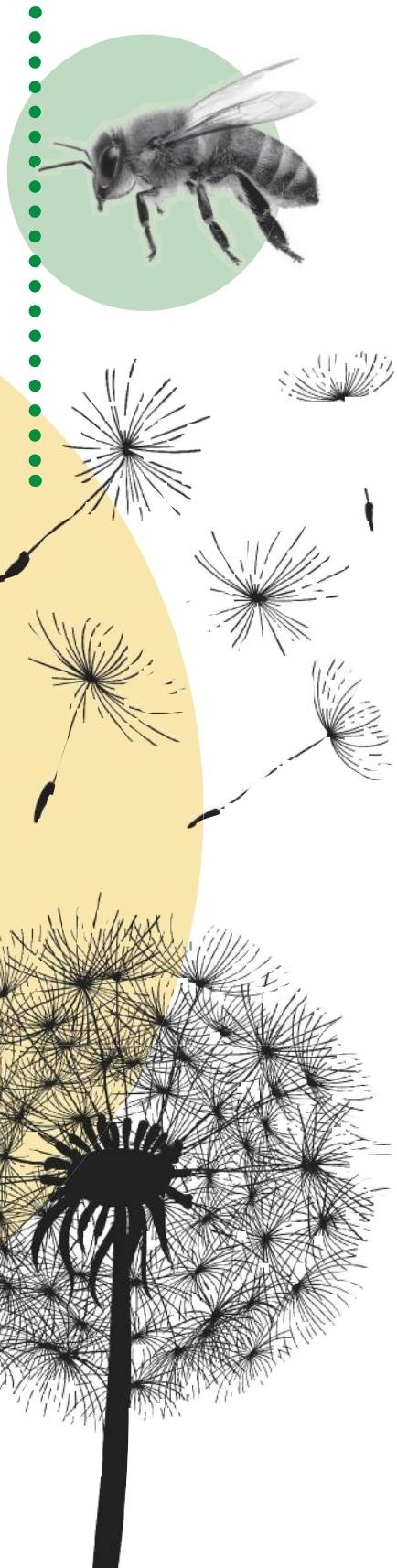
Spotlight on... Hay fever

Pollen counters, we've got your back! Our expert's tips will help you ease the sneeze



MARGARET KELMAN
Specialist allergy nurse
from Allergy UK

Brighter mornings and warmer days mean summer is just around the corner. But if picnics in the park and walks to work keep being disturbed by itchy eyes and a runny nose, then you may be one of the millions of people who suffers with hay fever. We have the lowdown on how to cope with a high pollen count so you can enjoy more time outdoors.



The science

'Hay fever – or seasonal allergic rhinitis – is a common allergy to pollen,' says Margaret Kelman, a specialist allergy nurse from Allergy UK. 'It can be triggered by tree, grass or weed pollens and is usually worse during spring and summer.'

But what does that mean for our bodies? 'Grass and tree pollens are very small and easily inhaled,' Margaret explains. Once in our airways, the pollen triggers the body's immune system to react, causing common symptoms of hay fever including irritation and inflammation to the nose lining, and often the eyes and throat, which any sufferer knows all adds to the misery of hay fever.

Common symptoms

A runny nose isn't the only way hay fever materialises – Margaret suggests you may also experience itchiness (in your nose, mouth, ears or throat), watery eyes, sneezing, coughing or a blocked nose. If you suffer from asthma, you may also have wheezing or difficulty breathing. 'Symptoms are similar in adults and children,' says Margaret, 'and although children and teenagers are more susceptible to hay fever, symptoms can occur at any age.' If you have a child who has hay fever, the good news is many people can manage their symptoms with a non-sedating antihistamine.

Planning ahead

Checking the pollen count between March and September can be a helpful way to gauge how severe your symptoms are likely to be. Pollen count is defined as the amount of pollen per cubic metre observed during the past 24 hours. If you watch the weather in the morning, it will often tell you whether the count is high or low, or you can check yourself by visiting metoffice.gov.uk. Usually, you will start to see hay fever symptoms when the count is higher than 50**.

There are other elements that may impact hay fever, like the weather or time of day. For example, light rainfall can help wash pollen away, reducing symptoms, but heavy rain (10cm or more) and wind can cause pollen to circulate more. Similarly, you may feel worse in the early morning when pollen is being released, and in the evening when the air cools, so it's best to keep your windows closed at these times.

Little helps

Being outside over summer is inevitable, but there are steps you can take to handle hay fever symptoms and hopefully enjoy your time outside more. First, speak to a pharmacist – including those in Tesco pharmacies. 'Most people will have hay fever symptoms that can be managed by taking a daily non-sedating antihistamine, readily available in both tablet and syrup form,' says Margaret. You can get these, as well as saline eye drops and some saline nasal rinses, over the counter. 'Nasal steroid sprays are available on prescription and they can be very effective for



UP TO
37%

of people in the UK have developed symptoms for the first time in the last five years***



reducing the "stuffy nose" feeling of hay fever,' says Margaret.

There may be some lifestyle changes that can help too, like wearing glasses instead of contact lenses to reduce irritation in your eyes, and keeping windows closed to prevent pollen settling on your furniture or washing. On high count days, putting petroleum jelly around your nose can help to relieve symptoms, as the pollen will stick to it meaning you breathe it in less.



If you have a child who has hay fever, the good news is many people can manage their symptoms with non-sedating antihistamine

**Get treated!**

The most important advice, according to Margaret, is to treat your symptoms: 'This may sound simple, but many people just put

**UP TO
49%**

of the UK population report suffering from hay fever symptoms*

up with hay fever symptoms. However if symptoms are not treated, you may experience sleep disturbance, irritability and difficulty concentrating at work, school or when carrying out simple tasks. Your mental health may even be affected.' This is true for everyone, but especially children, as Margaret warns, 'having poorly managed hay fever can lead to asthma developing'. If you're concerned, speak to a healthcare professional for support.

GIVE ME MORE!

To find out more about hay fever and managing symptoms, visit allergyuk.org/types-of-allergies/hayfever.

HAY FEVER HACKS

Limit your exposure to pollen to curb symptoms before they start. Margaret has these tips

**COVER UP**

Wear a mask, wraparound sunglasses and a hat with a peak or large brim.

**WASH AWAY**

Shower, wash your hair and change your clothes when you get home.

**SWAP JOBS**

See if another family member can mow the lawn or rake leaves.

**AIR INDOORS**

Avoid drying clothes outside when pollen counts are high.

**DON'T FORGET PETS**

Wipe pets down with a damp cloth to remove pollen from their bodies.

What a relief!

Suffering with symptoms of hay fever or other allergies? Keep help to hand on a family day out

One a day

For those moments when hay fever symptoms flare up,

Benadryl Allergy One A Day 10mg Tablets 30-pack, £10 (33p/tablet), offer effective, long-lasting relief from itchy noses and watery eyes.

Ace
your
day

When heading out, have wraparound sunglasses and a large-brimmed hat or cap to slip on. Both will help to keep pollen out of your eyes.



Allergy relief for kids

Let them play on! **Clarityn Allergy Syrup 60ml, £5.40** (£9/100ml), in

Mixed Berries flavour, is for children from age two. Sugar- and colour-free, a dose can give up to 24 hours relief for sneezy, runny noses and itchy eyes.

Maximum strength

Congested? Eyes streaming?

Piriteze Hayfever & Allergy

10mg Tablets 14-pack, £6 (43p/tablet), relieve hay fever symptoms for up to 24 hours, allowing you to carry on with your day.



Ahead of the pack

Pop a pack of extra-soft **Kleenex Allergy Comfort Tissues 6-pack, £2** (33p/pack), in your pocket.

Hypoallergenic, dermatologically and ophthalmologically tested, they are gentle and safe around runny noses and watery eyes.





Treat of the week

Belgian chocolate waffles meet s'mores in this oozy, indulgent dessert

CHOCOLATE WAFFLE SHARING S'MORES

Serves 4 Takes 5 mins
Cost per serve 83p

Preheat the grill to medium. Put 100g **mixed berries** in a bowl and toss with 1 tsp **caster sugar** and 1 tbsp **fresh orange juice**; set aside. Put 2 waffles from a 4-pack Tesco Finest Belgian chocolate waffles on a baking sheet, chocolate-

side up, and top with 50g **marshmallows**. Place under the grill for 45 secs or until the marshmallows are toasted and golden. Spoon over the berries, draining any juices, then sandwich each with another waffle, chocolate-side down. Cut each in half to serve.

Each serving contains

Energy 1477kJ 353kcal	Fat 17g	Saturates 8g	Sugars 26g	Salt 0.4g
18%	25%	42%	29%	7%

of the reference intake. See page 9.
Carbohydrate 44g Protein 4g Fibre 2g

Why
not try?

To make these on the barbecue, skewer the marshmallows, toast until golden, then slide off onto the waffles.

DISCOVER

STARCHASER

PLEASURE IS ALWAYS ON

CHOCOLATE

POPCORN FLAVOUR

CARAMEL



WHITE CHOCOLATE

MANGO

COCONUT

PLEASURE IS ALWAYS ON

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Available at **TESCO**